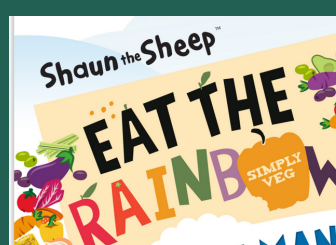


# OXFORDSHIRE EARLY YEARS FOOD AND NUTRITION

## You Said We Did!

### You Said

Food eaten by children in packed lunches can be repetitive



Children are attracted to and have a preference for packaged and processed foods (read the report [here](#)); strategies are needed to help overcome this

### We Did

Sharing resources to get children involved:

- [Weekly lunchbox planner](#) to get children involved in following the Kung Fu Panda's "five sacred steps of a hero's lunch"
- [Reward chart](#) to encourage children to 'Eat the Rainbow' with Shaun the Sheep

For parents:

- [Example packed lunches](#) to help parents provide packed lunches in line with national nutrition Eat Well guidance.

Ideas for [healthy food swaps](#) from NHS Better Health Better Families as part of meals and snacks.

[Free access to Child Feeding Guide](#) CPD UK accredited online training, it highlights the five common feeding pitfalls, and strategies to overcome these. For example using covert restriction to limit packaged and processed foods. On completion you can access further resources (including activities to try with children).

Oxfordshire Childminder training feedback : **"Knowing what I know now takes the pressure off mealtimes for everyone. I have already shared the information I have learnt with one of my parents, and this week with the work I've done here, and [caregiver] has continued at home, the child has now eaten cheese and baked beans for the first time. Great excitement all round."** [Book on the free training here.](#)

Unsure where parents can shop to access the Healthy Start Scheme



[NHS Healthy Start website](#) provides up-to-date information about the scheme including retailers that take the pre-paid MasterCard.

Further **free training** (20 minute online video) is provided by Good Food Oxfordshire access [here](#).

**Brand-new Oxfordshire marketing assets** have been produced for promoting Healthy Start Scheme access [here](#). Including stickers for local shops.

Have not heard of or used the updated 'Eat Better, Start Better' (EBSB) guidance ; a practical guide for feeding those aged 6 months to 5 years.

**Eat better, start better**

[EBSB guidance](#) provides two checklists to help assess your current practice (p63-69) and determine actions you can take. Highlighted are common topics of interest:

Topic	Pages
Using food groups for nutritionally balanced portions	15-23
Example breakfast, lunch, tea and snacks	36-43, 53
Catering for children from different cultures	50
What to include in a food policy	36-43
Communicating with children and family	45
Encouraging fussy eaters to eat well	51
Example week menus	73-76

Wanted more confidence in engaging and talking to parents/caregivers about healthy eating

This [parent conversation sheet](#) offers tips on conversation starters for use with parents, and example responses to common remarks.

Oxfordshire Children's and Family Service are delivering Making Every Contact Count training for anyone working in an early years or foundation setting contact [educationsupport.services@oxfordshire.gov.uk](mailto:educationsupport.services@oxfordshire.gov.uk)



## You Said

Wanted to know more about “fussy eaters” and evidence-based strategies to support



Wanted to know more about “fussy eating” in children with additional needs



Wanted some ideas for activities to do with children to encourage healthy eating



Wanted to know how to provide nutritionally balanced portion sizes

More opportunities for professional networking, skill building and learning

## We Did

**Free access to the Child Feeding Guide - 2-3 hour online training.** Covers information on food refusal for example neophobia is common amongst young children and it can take 15-20 exposures to a food for a child to put it in their mouth.

A **short summary** explaining why it can be difficult to get children to eat vegetables and how to help children learn to love them!

A **short guide** which explores how to identify problems with eating in children with autism, how to investigate the cause and how to overcome these issues.

**Guidance** from Simply Veg on how to encourage children with neurodiversity or struggle with hypersensitivity in some form to try new foods, particularly vegetables.

**Steps to take** to engage children with eating vegetables (starts off with activities to increase their exposure to the vegetable and ends with children tasting the vegetables).

**Resources** designed specifically for nurseries or childminders to help children love new foods (includes short online videos, guides and activity plans).

How to use the **simple 5532 guide** to portion sizes .

**Portion sizes for common foods** given to children aged one to four years old.



**FIRST STEPS  
NUTRITION  
TRUST**

### For local newsletters

- Early Years – sign up [here](#)
- School Readiness – sign up [here](#) or email [here](#)
- Schools News – sign-up [here](#)
- Children, Education and Families – email [here](#)

### For local meetings

- Early Years Managers email [here](#)
- Early Years DSL email [here](#)
- Childminder briefings email [here](#)
- School Information sharing email [here](#)

### For training, advice and support

- [Thames Valley Early Years Hub](#)
- [British Nutrition Foundation](#) – training and events
- Eatwell Guide : main food groups and recommended portions for a healthy [Western diet](#) and [African and Caribbean diet](#)
- [Example menus for early years settings in England](#)
- [Food Safety Guidance](#) in line with the Early Years Foundation Stage (EYFS) statutory framework
- Community Dental Services [training on oral health](#)



**OXFORDSHIRE  
COUNTY COUNCIL**