



HM Partnerships
Innovators in Nutrition

Early Years Nutrition



Working to Improve Nutrition for Under 5s

HM Partnerships have an excellent track record in food and nutrition based service provision. We are passionate about working with organisations to reduce health inequalities across population groups.



Examples of our expertise in the area of nutrition include:

- Management, development and delivery of programmes to improve nutrition and food provision
- Baseline data reviews to assess current practices in regards to nutrition and food provision and identify where support may be required
- Analysis of menus against nutritional standards to identify areas of good practice as well as those that may require further support
- Bespoke training courses designed to meet the specific needs of the target groups we are working with
- Development of resources to support the workforce and engage the target audience in nutrition and health
- Policy development and promoting healthy food environments
- Evaluation to assess the impact of programmes to improve nutrition and food provision

HM Partnerships' national award winning Early Years Nutrition Programme supports local authorities, public health and the early years sector to achieve best practice in food provision and policy for childcare settings by:



- Supporting healthier eating for children in childcare settings
- Gaining an understanding of the current food practices and policies in childcare settings
- Providing education and support for childminders, caterers, staff and managers of childcare settings
- Development of resources to support childcare settings and parents to understand and follow healthy eating guidelines for under 5s
- Enabling childcare providers to meet Early Years Foundation Stage requirements for food and drink provision
- Providing a positive contribution to meeting OFSTED requirements

The early years nutrition programme is of benefit to anyone providing food for children under 5 years of age including: nursery staff, managers, owners and caterers, childminders, children's centre staff, catering companies etc. There are 3 main elements to the programme:

Research/Evaluation

- A review of childcare providers food policy and provision, current practices and training needs using a specifically constructed questionnaire designed to create a strong indication of knowledge, attitudes and practices relating to nutrition
- Menu analysis to provide a robust benchmark of the nutritional value of current food provision within the childcare setting
- Project/process evaluation using qualitative and quantitative methods to assess the impact within the childcare setting

Training

HM Partnerships have developed accredited and non-accredited nutrition courses specifically for those providing food for children under 5 years of age. The courses cover the following:

- Energy and nutrients
- Young children's nutritional requirements
- Infant feeding – breastfeeding and introducing solid foods
- Allergies and special diets
- Food labelling
- Portion sizes and menu planning
- Meal time difficulties
- Nutrition and health
- Practical cookery session

We can also develop bespoke training programmes to meet the requirements of the commissioner and target audience.

Resources

A number of resources are available as part of the programme to assist childcare providers to improve their food provision and practice:

- Food portion size photos and recipe cards
- Tailored food and healthy eating policy
- Healthy Tums Happy Tots, developed to educate parents on the importance of providing a healthy diet appropriate to 1-5 year olds
- Social marketing
- Healthy lifestyles workbook for reception aged children



Bespoke Programme

The individual elements of the programme can be used as a whole package or in any combination to meet the specific requirements of a local authority area or organisation.

The programme elements can also be adapted to be used with specific groups and policy areas such as older peoples care, school food, learning disability groups etc.

National Recognition

The programme has been a success in Liverpool and as such it was awarded the Bupa Foundation Healthy Lives Prize in 2011. The findings from the programme have been published in the Journal Public Health Nutrition and contributed towards the School Food Trust advisory panel review on food and nutrition in early years. This review resulted in the 'Eat Better Start Better' voluntary food and drink guidelines for early years settings in England.

"The Bupa Foundation is delighted to recognise this important programme to improve the nutrition of children in Liverpool. With almost a quarter of children there starting school overweight or obese, it is more important than ever to instil good health habits as early as possible."

DR ANDREW VALLANCE-OWEN
BUPA'S GROUP MEDICAL DIRECTOR
AND DEPUTY CHAIRMAN OF THE
BUPA FOUNDATION

"I thought I had a good understanding of nutrition but found all the information provided to be valuable and helpful to me in my job of caring for under 5s."

CHILDMINDER



Watch our Healthy Lives Prize 2011 video at <http://bit.ly/healthylives>



"In the absence of national legislation for food provision in childcare, commissioning HM Partnerships to conduct the early years nutrition programme has given us confidence that significant improvements have been made to the nutritional knowledge of early years staff and therefore the food provision for thousands of under 5s across the city."

DR PAULA GREY
JOINT DIRECTOR OF PUBLIC HEALTH
LIVERPOOL CITY COUNCIL

Interested?

If you would like to find out more about our early years nutrition programme, or to find out more about any of the services we offer, please contact us at info@hmpartnerships.co.uk

About Us

HM Partnerships is a Community Interest Company (social enterprise) with all profits re-invested into Heart Disease prevention via parent charity Heart of Mersey (registered charity number: 111067).

Get in Touch



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