



early years nutrition
partnership



Hello!

As we prepare to say hello to darker nights and Christmas lights, we're reminiscing all things October – and what a month it's been!

The Healthy Eating Song and ukulele masterpiece courtesy of Ben Faulks has been catching on around the country. Our new blogs include nutritionist Alison Preston's guide to deciphering dairy and a post-Childcare Expo series from the EYN Partnership team.

We're also excited to introduce you to a new member of the EYN Partnership team and to celebrate our expanding family as more and more settings pledge their commitment to early years nutrition by joining the EYN Partnership.

We're thrilled at how October has turned out and hope you enjoy catching up with what's been going on.

[The Early Years Nutrition Partnership Team](#)



Ben Faulks = Ukulele Teacher?

Actor, writer, musician... and now Ben Faulks has turned his talents to not only playing the ukulele, but teaching it too!

And all for an excellent cause. Following The Healthy Eating Song that premiered at the Childcare Expo, Ben has produced a tutorial on how to play it yourself. Watch it on YouTube [here](#). Warning, it is very catchy and probably won't leave your head for the foreseeable future...



The Healthy Eating Song – An Education

And Ben's tutoring talents don't end there. He got things started by testing the waters of the now-legendary Healthy Eating Song with the children at Tender Years Day Nursery in Solihull. And since they seemed to be in consensus that everyone should hear it, the piece had the go-ahead to premiere at the Childcare Expo. See what they made of it [here](#).

Speaking of which, watch our new [video](#) to see all the fun we had at Childcare Expo Midlands. As well as the hotly-anticipated premiere of The Healthy Eating Song by Ben Faulks, you'll witness our famous EYN Pea in action and hear from June O'Sullivan, Chief Executive of the London Early Years Foundation – a great time was had by all. Same again next year?



Learner of the Month

It's been an outstanding October – as demonstrated by our Learner of the Month, Harriet Lears.

Harriet, from Rosebank Centre and Nature Garden near Warrington, has completed her Level 3 award in Early Years Nutrition and Hydration.

Nicola Calder, is the registered nutrition professional who has supported Harriet on her journey, and Nicola and all of the team here are very proud of Harriet's accomplishment.



New Blogs in October

The team have been reflecting on what we learned from the great opportunity Childcare Expo Midlands gave us to meet you all. Find out in our series of blogs.

Childcare Expo: Confidence in Making Nutrition Choices

Registered Dietitian Lucy Shipton reflects on how we can empower nurseries and pre-schools to manage dietary requirements and fussy eating. As every parent or carer will appreciate, this can be a minefield at the best of the times, but with the support of our nutrition professionals it can be made less challenging. Read her summary [here](#).



Lucy blogged about the role of confidence

Childcare Expo: EYNP Benefits for Nurseries

Steph Johnson, our Business Development Manager, gives the lowdown on how the EYN Partnership can really help to provide practitioners with the confidence and knowledge they need to talk to parents. It's imperative for nursery staff and parents to work together around children's health and nutrition. EYN Partnership's new training offering is going well, with lots of nurseries benefitting from the flexibility to access a CACHE-accredited Level 3 course and face-to-face training, to build expertise within the team. Get in touch if this sounds like something you're interested in via our [email](#) or [blog](#).



Childcare Expo: Working with Childminders

Registered Nutritionist Alison Preston discusses working with childminders, a venture we've only just begun. Alison was finding out about the specific challenges childminders face and sharing her expert tips on how they can be addressed. Meeting so many passionate childminders keen to learn more about improving children's nutrition was encouraging stuff! It's inspired us to expand our work in this area – have a read [here](#).

Dairy Dilemma – Alison explains all

It can be all too easy to get lost amid all of the information and mixed messages about dairy products. With so many different dairy options available in the supermarket aisles, not to mention the dairy alternatives, should we still be including dairy products in children's diets? And if so, which ones?

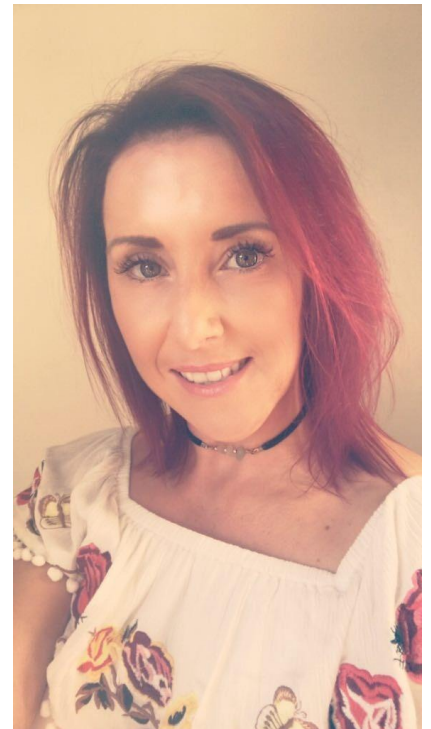


Luckily, our very own EYN Partnership Nutritionist Alison Preston is here to clear up any questions you might have. Her handy guide explores the benefits of dairy products for different age groups, which type and how much is recommended and which dairy alternatives can be used for those who need them. Take a look [here](#).

Welcoming our new recruit!

We're extending a warm welcome to Steph Johnson, our new Business Development Manager! We're so pleased to be expanding the EYN Partnership Team.

Steph has joined the EYN Partnership as the Business Development Manager, driven by her passion for nutrition and people development. Her role focuses on supporting the team of EYN Partnership nutrition professionals working across the UK and promoting their work to ensure that all early years settings have the opportunity to offer good nutrition to the children in their care. Since joining us, Steph has been out and about visiting our nutrition professionals and their local settings and she met lots of early years practitioners at Childcare Expo Midlands which has given her an opportunity to hear all about the challenges and opportunities settings face, first hand.



So, what sparked Steph's passion for nutrition? After studying Business and IT she built years of experience across multiple industries, from insurance to pharmaceuticals. Her work in the field of healthcare spanned primary and secondary care settings and exposed her to a variety of specialisms. It was during her work with care of the elderly that she began to explore her passion for nutrition and people development. This inspired her move to Danone where she worked for 8 years promoting the fundamental benefits of good early years nutrition to reduce poor health outcomes in later life. Steph also developed training initiatives including an induction programme for new starters. So, she's looking forward to supporting our nutrition professionals to help you create healthier futures for our children.

The EYN Partnership Family is Growing

The EYN Partnership continues to grow. We're delighted to have two new nurseries join us from The Bath Nursery Company; Guinea Lane Nursery and Combe Down Nursery. Welcome!

Alison Preston, EYN Partnership registered nutritionist, is looking forward to supporting the teams at these nurseries to deliver great nutrition for the children in their care.



Happy Halloween!

And we couldn't conclude an October newsletter without paying homage to the final day of the month – Halloween!

Fear not, we were full of inspiration for some spooky but simple snacks, so actually creating them wasn't even scary. Our range of fun, healthy, and often haunted treats, are quick, simple and convenient to whip up. As you'll find out in our blog, pizzas don't have to be unhealthy – especially when they're mummified! And if you want to know what to do with the pumpkin once the celebrations are over, we have the recipes for you.

While Halloween may be long gone, you can use these ideas for themed parties and the recipes are great for using seasonal produce, so take a [look](#).

Our favourites have to be the horrified bananas, as per this photo.





The Early Years Nutrition Partnership (EYN Partnership) is an independent Community Interest Company that has been created in partnership with the Pre-school Learning Alliance, the British Nutrition Foundation and Danone Nutricia Early Life Nutrition. A key role of the EYN Board and Expert Panel is to ensure that the partnership delivers its social aims, is transparent and acts with integrity.

The EYN Partnership will initially be funded by Danone Ecosystem and Danone Nutricia Early Life Nutrition. Danone Ecosystem is an internationally recognised fund, which supports social enterprises and initiatives worldwide. The EYN Partnership is the first UK beneficiary of this fund.

The EYN Partnership nutrition professionals are either Registered Nutritionists or Dietitians with at least a bachelor's degree in a nutritional or dietetic science and experience in early years nutrition. They are bound by the Association for Nutrition and the British Dietetic Association respectively to continue professional development and follow standards of ethics, conduct and performance. This means you can be assured that their advice will always be up to date with the latest recommended guidance and practice. Occasionally, we will have a nutrition professional join the EYN Partnership with the same experience and qualification, but who is currently undergoing the registration process.

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