



## Hello!

Hooray! It's time for our latest edition of the Early Years Nutrition Partnership newsletter!

This edition sees us preparing for the Midlands Childcare Expo later this month, an event we very much hope that you can join us for! We were also delighted to have a new blog from Professor Christine Pascal OBE, describing why she is so supportive of the work of the EYN Partnership. If eating eggs 'egg-cites' you, this edition is definitely for you, with tips on how the food can be an ideal addition for your toddler's diet.

As if this wasn't enough, we've got nutrition facts and figures to keep your knowledge in tip top condition – we are good to you!

So make the most of that tea break and have a read.

[The Early Years Nutrition Partnership Team](#)



# Celebrating the success of our learners

This month we'd like to celebrate the success of all of the early years practitioners who have achieved their Level 3 award in Early Years Nutrition & Hydration with the EYN Partnership. A huge congratulations to you all!

## CONGRATULATIONS

Nicole Augustine, Brambles Day Nursery  
Katie Bell, Ladybird Day Nursery, Springfield  
Sarah Florence, Tender Years Day Nursery  
Donna Graham, Tender Years Day Nursery  
Natalie Harvey, Wonderland Day Nursery  
Cheryl Jarman, The Orchard Day Nursery  
Sophie Mathieson, Fledglings Day Nursery  
Karen Neal, Brambles Day Nursery  
Sarah-Louise Searle, Orchard Day Nursery - St. Neots  
Alyson Shannon, Shannon Childcare  
Nathalie Zafirkovska, Noah's Ark Community Nursery



Amongst those who have achieved their Level 3 award in Early Years Nutrition & Hydration in August, is Katie Bell from Ladybird Private Nursery, Springfield House, in Manchester.

Katie's commitment and effort have paid off. By gaining this award she has been able to help her nursery, providing valuable information that has improved the balance of their weekly menus. Learn more about how we support early years practitioners to earn this award [here](#).

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## Counting down the days to Childcare Expo Midlands!

If you've read our [blog](#) you'll be aware that Childcare Expo Midlands is just around the corner, on September 29<sup>th</sup> and 30<sup>th</sup>. We hope you are as excited as we are!

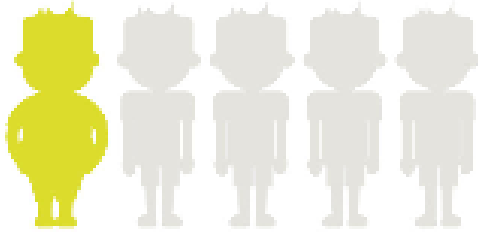
After the success of the Childcare Expo in Manchester, we can't wait to announce the details of our plans for the Midlands. Keep an eye on [Facebook](#) and [Twitter](#) to be the first to know.

What we can tell you is that we have some wonderful activities planned that you will love. We promise you won't be disappointed. Get your dancing shoes on and get ready to get involved!

Remember that tickets to Childcare Expo are free to all early years practitioners and the generous Childcare Expo team have offered our lucky readers 20% off seminars – just use the code: CCM2017 when booking [online](#). If you haven't secured your place yet, there is no time like the present! We hope to see you all there.



# Facts and Figures: Childhood Obesity



Is obesity amongst young children a problem? What are the main causes and concerns?

Obesity has been described by the Chief Executive of NHS England, Simon Stevens as “*the new smoking*” and childhood obesity was described by Jeremy Hunt, the Secretary of State for Health, as a “*national emergency*”.

So yes, it is a big problem, with 1 in 5 children in the UK starting school as overweight or obese. Take a look at our Childhood Obesity: [Facts and Figures](#) infographic to find answers to these key questions.

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## New blogs in August!

### Nutrition and future life chances

*By Professor Christine Pascal OBE, Director, Centre for Research in Early Childhood*

Professor Pascal is a member of the EYN Partnership Expert Panel. In her [blog](#) she emphasises the importance of the EYN Partnership initiatives to improve nutritional practice and promote healthy development in early years settings.

Christine highlights the opportunity that the expansion of free early years education offers the early years sector, to make a real contribution towards the health of children in their care.

Recognising the importance of working together to bring about change, Christine describes how she aims to use her networks, both national and local, to promote the importance of healthy eating during the early years, to help all children achieve their full potential!



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## Protein egg-celence!



Did you know that protein is an important food group for young children (and adults)?!

Per day, toddlers need 2 portions of protein-rich food, or 3 portions if they are vegetarian. This protein can come from foods such as meat, fish, beans and eggs.

Eggs are quick and easy to prepare so get the children to help you and have a cracking time in the kitchen. It will help to get them egg-cited about this protein filled food! Read our [blog](#) for ideas and more information.



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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