

# Early Years Food Environment

## Nottinghamshire Childhood Obesity Trailblazer

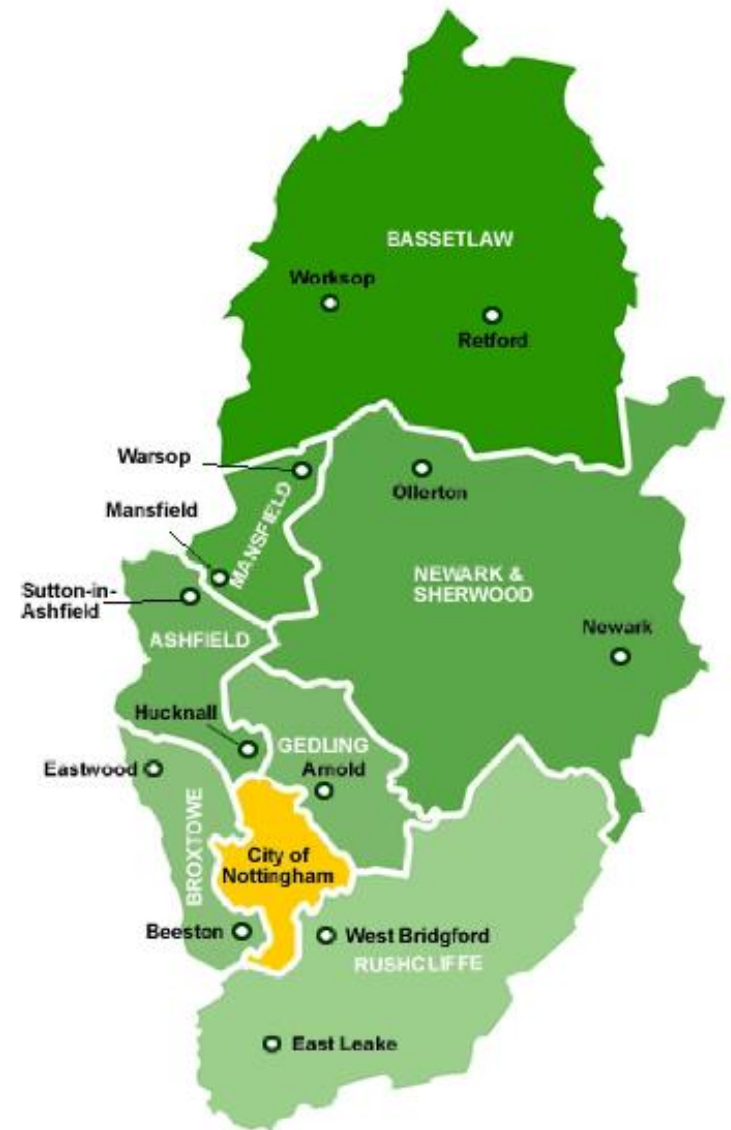
Stephanie Morrissey  
Public Health & Commissioning Manager  
Nottinghamshire County Council



Nottinghamshire  
County Council

# Nottinghamshire

- Pop. 789,000
- Slightly older population than national average
- 46,000 children under 5
- Variation in deprivation and childhood obesity prevalence across the county



# **Childhood Obesity Trailblazer** **Programme 2019-2022**

- **Pennine and Lancashire Consortium**  
Planning powers & elected Members
- **London Borough of Lewisham**  
Advertising restrictions
- **Birmingham Council**  
Planning & apprenticeships
- **City of Bradford**  
Islamic Religious settings
- **Nottinghamshire County Council**  
Early Years Food Environment



**Nottinghamshire**  
**County Council**

# Nottinghamshire Health and Wellbeing Board

Joint Health and Wellbeing Strategy  
2018 – 2022



## Nottinghamshire Joint Health and Wellbeing Strategy 2022-2026

Working together to enable everyone in Nottinghamshire to live healthier and happier lives, to prosper in their communities and remain independent in later life.



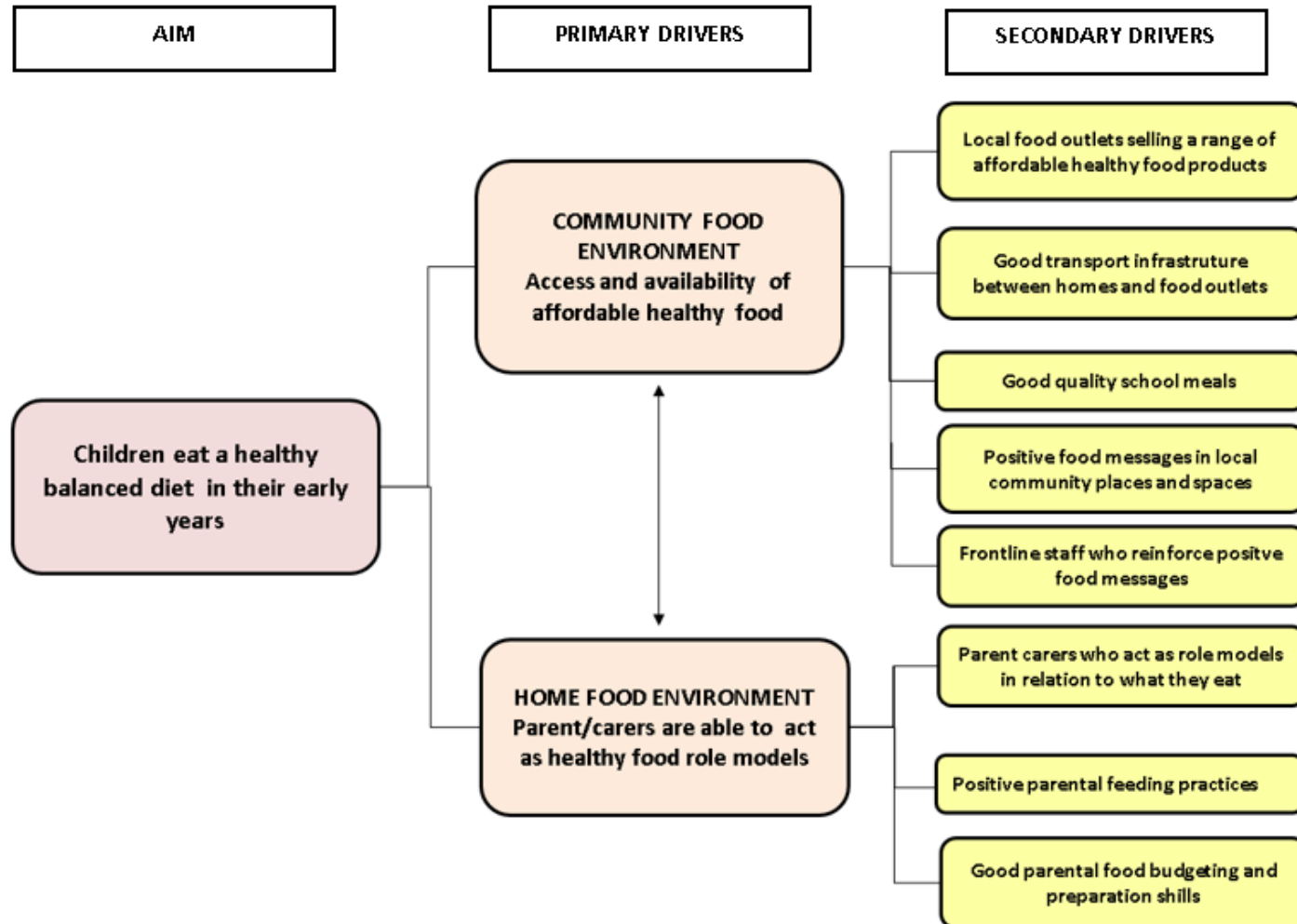
## Nottinghamshire Best Start Strategy

2021-2025

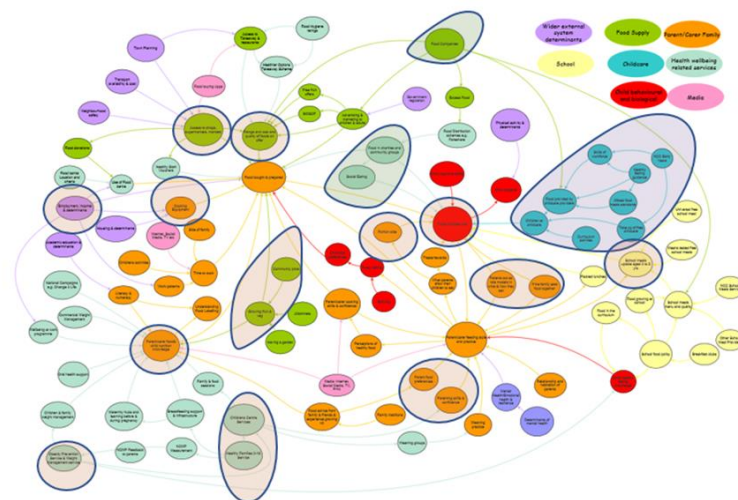
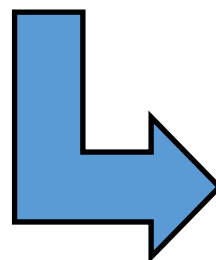
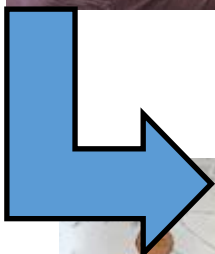


...giving children  
the best start

# Our Initial Driver Diagram



# Understanding the system and drivers



PROCUREMENT,  
PURCHASING, BUYING  
POWERS

PROVIDING AND  
COMMISSIONING SERVICES



Catering

School food  
supply chain  
recipe and  
ingredients

Increase  
Healthy start  
vouchers  
uptake



Food Suppliers

Supporting  
food &  
nutrition  
knowledge and  
skills of early  
years providers



Public Health

LEADING, INFLUENCING,  
INFORMING

Children's Centres  
as community  
food assets

Food & nutrition  
community of  
practice



Early Years  
Providers

**1: Making  
access to  
affordable  
healthy food  
easier**

**2: Improve  
quality of  
food  
provision  
through  
early years  
settings**

Development  
of an  
affordable  
healthy meals  
offer for  
childcare using  
school food  
supply



Children's  
Centres

**3: Enable  
parents to  
develop  
good eating  
habits with  
their  
children**

**4: Promoting  
consistent  
messages**

Healthy  
eating  
messages  
& support



Health and  
Wellbeing  
Board

STEWARDSHIP

# Making access to healthier, affordable food easier

## FOOD (Food On Our Doorstep) clubs

### Homemade Meatloaf

#### INGREDIENTS

SERVES 4

- 300g minced beef
- 2 slices bread
- 1 egg
- 1 onion
- 1 tbsp ketchup or brown sauce
- 1 tin tomatoes / 1 tin tomato soup
- 1 tin mushrooms, drained

#### TOP TIPS

Try swapping your mashed potato for celeriac or swede mash. To do this, peel and chop the celeriac/swede into large chunks and boil in water until soft. Mash with a little milk for creamy root veg mash!

To add extra veg, try grating carrot or courgette into your mince mixture!

#### METHOD

1. Preheat oven to 180 degrees or gas mark 4.
2. Using your fingers, break up the bread, rubbing your fingers together to make the bread into breadcrumbs.
3. Put mince in a large bowl and add chopped onion (try to get the onion as small as possible or grate it if you find that easier), bread, egg, ketchup/brown sauce, mushrooms. Add salt and pepper and any other herbs or spices your family enjoy.
4. Using your hand squeeze the ingredients to combine. Get the children involved, lots of little hands make light work for parents!
5. Mould the mince into a large loaf/sausage shape and put in a roasting tin or slow cooker.
6. Pour over the chopped tomatoes or the tomato soup. Be creative, add herbs and spices to taste!
7. Cook for 45 minutes in the oven or 4 hours on low in the slow cooker.
8. Serve with lots of veggies and mash for a hearty, warming meal that the whole family will enjoy!

**FREE** fruit, veg, milk and vitamins for you and your family if you qualify for Healthy Start. Find out more by visiting [healthystart.nhs.uk](http://healthystart.nhs.uk) or phoning 0345 607 6823

THIS RECIPE GIVES YOU  
**1**  
OF YOUR 5-A-DAY VEGETARIANS



...giving children the best start



 Nottinghamshire  
County Council

in partnership with

Your Health  
Your Way



Building  
stronger  
families



Nottinghamshire  
County Council



# Making access to healthier, affordable food easier



## HEALTHY START

Families on certain benefits can receive  
**FREE** fruit, veg, milk and vitamins.

Find out if you qualify

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

or telephone **0345 607 6823**

**NHS** Give Your Family  
a Healthy Start



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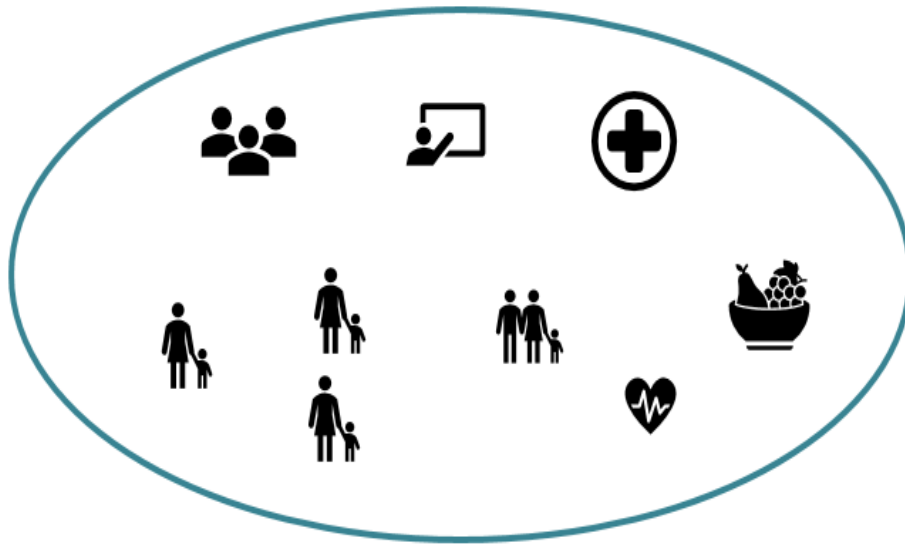
# Improve quality of food provision through early years settings

- 7 settings (one in each district) working towards Food For Life Early Years award



# Promoting consistent Healthy Eating messages

Community of practice



Community of practice members



Early years teacher



Healthy Family Team



Local District Council health and wellbeing rep



Nursery, day care provider and children's centre reps



Public health professional



Early childhood services rep

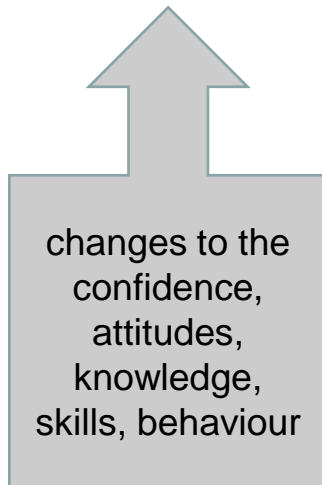


Nutritionist – Your Health Your Way

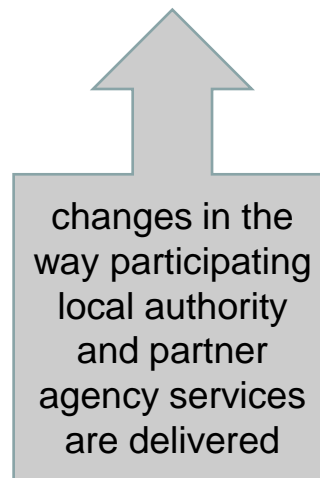
# So what?

.....to capture the learning from the intended delivery through **process** and **outcome** evaluation.

**Individual**



**Service**



**System**



# Now what?

- Building on the momentum going forward with a focus on early years, food, healthy weight, nutrition, food insecurity .....
- Sustaining elements of work that are working
- Sharing & sustaining ways of working (test, learn & build)

