



CASE STUDY

COMMISSIONING BODY: Liverpool First for Health and Wellbeing Partnership

TITLE: Liverpool Nursery Nutrition Project – **Phase 2**

VALUE: £ 137, 422

LENGTH OF CONTRACT: 12 months

DESCRIPTION: In 2009 Liverpool First for Health and Wellbeing Partnership identified a need to offer support in food and nutrition to early years settings across the city. HM Partnerships was commissioned to carry out phase one of this project which involved an evaluation of the existing practice, knowledge and provision in nurseries.

This report showed that all nurseries required support on healthy eating at a policy, knowledge and training level. The support provided should address concerns relating to both menu planning and ingredients used in food provision, bringing Liverpool nurseries up to a level which meets current guidelines for food provision for children under 5 years.

Phase 2 of the Liverpool Nursery Nutrition Project completed in March 2011. This comprised of an educational package and support resources for early years staff. The educational package consisted of a level 2 accredited training course '*Food and Nutrition in Early Years*' which was delivered by Liverpool John Moores University. Both cooks and managers were invited to attend from nursery settings across the city, enabling them to increase their knowledge and skills in early years nutrition. A formal impact assessment of the project has been carried out. Nurseries have made improvements to the food provided to children within their settings as a result of taking part in the project.

EVALUATION: Course evaluation, changes in nursery practice and participants nutritional knowledge was assessed using questionnaires, focus groups and interviews.

A full project report is available on the HM Partnerships website.

OUTCOMES:

- Development of a level 2 accredited nutrition training programme specific to early years
- 100% of participating nurseries completed the programme
- Impact assessment of training programme
- 60% of participating nurseries report using Caroline Walker Trust Guidelines
- All project nurseries have made positive changes to food provision and practice
- Participants confidence levels have increased
- Resources for project nurseries including; nutritionally balanced menus and recipes developed by Menu Matters, Caroline Walker Trust CHEW food photo recipe cards and a reference early years healthy eating and food policy
- A comprehensive report evaluating the project
- Recommendations for roll out and continued delivery of the training course

TESTIMONIAL: *“There can be no underestimation of the impact that this project has had on helping under 5s in Liverpool enjoy a healthier diet. It’s also a great testament to Liverpool nurseries that by involvement in this project they are leading the way to inform future national standards for early years’ nutrition.”* Robin Ireland, Chief Executive of Heart of Mersey

For further information contact:

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