

## HEALTHY NURSERY MENU LAUNCHED TO BOOST EARLY YEARS NUTRITION

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**A leading nursery catering company has joined forces with a nutritionist to create healthy balanced meals for early years settings.**

A nursery catering company is aiming to put an end to traditional sugary treats and stodgy puddings, with a healthy eating campaign and overhaul of infant menus.



The new menu launched nationally this week (11 October) and was inspired by nutritionist [Charlotte Stirling-Reed](#) and headed by nursery catering business [Zebedees](#), who said it will enable nurseries 'to demonstrate to parents that they are achieving a standard of excellence in early years nutrition within their setting'.

Children in full-time childcare can receive up to 90 per cent of their daily food intake at nursery, so it is vitally important that children are offered plenty of energy and nutrients via balanced meals throughout the day when they are attending their childcare setting, Zebedees said.

- [Government gives 'wake up call' to the nation to lose weight](#)
- [Government to take tougher action on obesity to help tackle coronavirus](#)
- [Childhood obesity likely to increase as hard-up families are pushed towards cheap, unhealthy food](#)

### **Modern menu**

Baby and child nutritionist and mum of two, Ms Stirling-Reed had become increasingly frustrated by what she was hearing from other parents about what their babies were being offered at nursery.

When Zebedees approached her to collaborate with them on recommended nutritional changes to their new menus, she took the opportunity to positively influence meals going onto thousands of young children's plates every day.

The outcome is the creation of a modern menu with significantly reduced sugar, more varied and exciting meals, alternative sources of protein and offering second courses instead of desserts, said Zebedees.

### **Positive relationship with food**

Ms Stirling-Reed said: 'As an adult, I would not expect to have a sweet or sugary pudding after every meal so it really bothered me that children were being offered this each day (sometimes twice a day) whilst at nursery.'

'The idea of "eat your dinner and you can have your pudding" is incredibly outdated and not in touch with what modern parents are looking for, or what is recommended for developing a positive relationship with food. We now know so much more.'

She added: 'I've loved working with Zebedees on their latest menus. They hold such a high standard for creating and rolling out these delicious, hot meals to so many children in the UK.'



Zebedees founder Philip Oates said: 'Our new menu exceeds current Government Guidance for Menus for Early Years Settings and enables nurseries to demonstrate to parents that they are achieving a standard of excellence in early years nutrition within their setting.'

'The new menu also supports nurseries to meet the new requirements under the Early Years Foundation Stage, which emphasises that meals provided must be healthy, balanced and nutritious.'

'We feel really satisfied that we are fulfilling our responsibility to the young people we feed and that we are able to reassure parents that their children are being fed a balanced diet at nursery.'

