

NURTURING HEALTHY BEGINNINGS

Nutrition in Early Years: Principles. Policy and Practice



A FREE IN-PERSON, ONE DAY COURSE FOR THOSE WORKING IN EARLY YEARS SETTINGS

An engaging, full-day course exploring how food and nutrition can nurture children's growth, learning and wellbeing.

Learn how to apply the latest DfE EYFS nutrition guidance and create positive food environments that help children build healthy eating habits from the very start.

Through expert-led sessions and hands-on activities, delegates will gain knowledge, confidence and practical tools to strengthen food provision and policy in their setting, while supporting families to make lasting healthy choices.

Attendees will:

- Understand how diet impacts growth, learning and development in the early years.
- Gain a clear knowledge of the DfE EYFS nutrition guidance for all types of provision.
- Explore practical ways to promote healthy eating behaviours throughout the day.
- Access resources to review and monitor food policies and provision.
- Build confidence in engaging parents and carers on food and nutrition.

Course is planned to offer attendees an Association for Nutrition (AfN) Certificate in Introductory Nutrition Essentials in Health and Social Care*

*AfN certification is pending

12th November 2025 (9.30–4pm) at Stratfield Brake Sports Ground, OX5 1UP

Please book via this link:

<https://educationservices.oxfordshire.gov.uk/Event/283619>