



SUMMER NEWSLETTER, JULY, 2016

Eat Better Start Better in Hackney

July 2016

Welcome Newsletter

Lindsay Gilbert Specialist Eat Better Start Better Dietitian & Caroline Hart Lead Early Years Consultant for Eat Better Start Better in Hackney

Welcome to our first quarterly newsletter for Eat Better Start Better (EBSB) in Hackney! We hope that the newsletter will provide you with a roundup of everything Eat Better Start Better related that is going on in Hackney such as forthcoming training events, sharing best practice, celebrating achievements, and lastly but most importantly to remind you that the Eat Better Start Better team is here to support you as you implement the guidelines in your setting.

For those settings who attended the Best Practice conference at Hackney town hall last June, we haven't forgotten about you! Over the coming months we will be getting in touch either by phone, email or a visit to support those settings currently on stage 1 and 2 towards achieving stage 3. The best practice conference was the perfect opportunity to showcase all the great work being done by you across the borough which is having a real impact on improving the lives and wellbeing of the under 5's across Hackney and we need to keep that momentum going.

As you know, the project supported the wider borough initiative 'Get Hackney Healthy', and because of the success of the EBSB project and the large number of under

5's still to be reached further funding from public health has been secured until March 2017. This has given us the opportunity to expand the service to reach many more settings and so many more children their families and early year's practitioners across the borough will benefit.

We would also like to take this opportunity to welcome newly signed up settings. We acknowledge that by committing to apply the guidelines takes a tremendous amount of time and effort on your part and we are here to support you. We are passionate about improving nutrition in the under 5's across the borough, particularly for the most disadvantaged children because we know that this has enormous benefits not only in promoting healthy growth (and thereby helping to prevent childhood obesity) but for a child's overall development and wellbeing.

We look forward to another exciting and challenging year ahead and we welcome your feedback on any aspect of the project.

60% of Hackney early years settings have already engaged with the programme!

Meet the EBSB team

Eat Better Start Better in Hackney is coordinated & managed by Caroline Hart & Lindsay Gilbert. Lindsay has recently returned from maternity leave having helped establish the project with Caroline in 2015. Lindsay's role is to support settings to meet the guidelines through menu assessment and feedback, training, online and telephone support. Caroline's role is to provide assessment and feedback on settings' food policy and with the day to day running of the project. Mumtaz Hakim child minder network coordinator works closely with Lindsay & Caroline to support child minders in the borough to adopt the guidelines. Gemma Rogers is a volunteer who currently works with the team to support the project.



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Small changes made by many make a BIG difference!

Eat Better start better in Hackney has already helped to improve the diet of over 2,200 children in Hackney early years settings by making some simple changes to menus. These have included:

Increasing fruit and veg for over 1100 children, and the variety of fruit and veg for over 1500

Increasing oily fish consumption for over 600 children

Increasing the variety of starchy foods for over 1600 children

Increasing whole grains for over 1100 children

Reducing salt for 461 children (some nursery settings were already doing good work here)

Reducing high fat/high sugar snacks for over 900 children



Sharing best Practice

Finsbury Park playgroup and Rainbow Nursery staff celebrating their Stage 3



Some practical workshops we have run to support practitioner knowledge and skills.

Forthcoming workshops in 2016/2017 for participants on the programme will include:

Menu planning and food policy drop-ins

Best practice portfolio drop-ins

Working with parents for healthier packed lunches

Breastfeeding and weaning

Making the most of mealtimes

Meeting the needs of fussy eaters and children with special diets/allergies

Further details including dates will follow, or Email:

hackneyhealthyeating@learningtrust.co.uk