

Essex Early Years Nourishing Our Future (NOF) Award: Summary



Summary

The NOF Award supports early years settings across Essex to implement the new EYFS Nutrition Guidance (DfE, 2025). The award supports settings to promote healthier food habits and celebrates good nutrition practice.

Vision and Principles

We are building strong foundations for life long health, by promoting balanced nutrition, food education, and positive mealtimes. By investing in a healthy start supporting every child and family towards a healthier future.

NOF Award Levels

Make your commitment

Starting off in rooting, early years settings commit to signing up, appointing a nutrition lead, starting food education, creating food policies, training staff, involving families, promoting sustainability, and collecting feedback.



Engage with the community

Building on from rooting, sprouting builds on the basics by embedding food education across EYFS, improving mealtime environments, gathering children's voices, sharing good practice, deepening staff training, engaging families, and promoting sustainability.



Become a leader of practice

Blooming recognises leadership in nutrition practice settings work closely with families, involve children in planning and food prep, review provision regularly, train all staff, showcase sustainable practices, promote public health services, and gather impact evidence through parent feedback.



NOF Themes



Empowering Early Years: Support, Celebrate, Reflect and Partnerships

There is available **practical guidance, support, training, and resources** to help early years educators, parents and carers.

Whether you're just beginning your healthy eating journey or looking to build on strong **foundations**, the Award helps settings **grow with confidence**, celebrating progress.

Working with **expert organisations and individuals** to support the NOF Award including Charlotte Stirling-Reed, Catherine Lippe from Nursery Kitchen and Laura Matthews.

