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July 2026

Dear Early Years Colleague,

RE. Early Years food update – JULY 2026

We are writing to provide some information and resources to help early years practitioners and families with **healthier eating and better access to nutritious food**. Please share this information with your early years staff and families, as appropriate. As you will be aware, children who eat more healthily are better able to learn and concentrate, are more likely to have a healthy weight, growth and development, and have better overall health. We hope that the following information is helpful, and we welcome any **feedback or ideas** on how we can better support.

New Guidance/policy updates:

Below are links to national guidance to support with establishing/maintaining a food environment in your setting.

[Help for early years providers : Food safety](#)

[Early Years Foundation Stage nutrition guidance](#)

[Food allergy - NHS](#)

[Anaphylaxis - NHS](#)

[Help for early years providers : Food safety](#)

Pre-recorded short webinars are available for settings and are available on the NYES online platform. Please note you will require a log-in to access them.

Supporting Early Years Practitioners with Food: Food Allergens and Special diets

SI-EL-T024 <https://secure2.sla-online.co.uk/v3/Training/Detail/296180>

Supporting Early Years Practitioners with Food: EYFS Statutory Framework and Nutrition Guidance

SI-EL-T025 <https://secure2.sla-online.co.uk/v3/Training/Detail/296183>

Supporting Early Years Practitioners with Food: Food and Recipes - Practical Hints and Tips

SI-EL-T026 <https://secure2.sla-online.co.uk/V3/Training/Detail/296185>

Healthy weight, healthy lifestyles and oral health resource bank.

Here is our child healthy weight, healthy lifestyles and oral health [resource bank](#) which includes lots of resources and information to help with promoting healthy eating and oral health. Please share any resources with your families e.g. via email, text or your website or newsletter. [Child-healthy-weight-and-oral-health-resource-bank.pdf](#)

Complex Eating Behaviour in Children – A Resource Bank for Families & Professionals

We have pulled together various resources to help families who have children with complex eating behaviours –: [Complex-eating-behaviour-in-Children-Resource-Bank.pdf \(healthyschoolsnorthyorks.org\)](#)

Healthy Packed Lunch Leaflet for Early Years

Please share the leaflet with your families (e.g. by email ,newsletter and putting on your website [Early Years healthy packed lunch leaflet Early-Years-Healthy-Lunchboxes-leaflet.pdf \(healthyschoolsnorthyorks.org\)](#) We welcome feedback on this leaflet as we are currently updating it. Do you have your own leaflet guidance that you'd be happy to share?

Other things you could do in setting to help with healthier eating:

- Register for **FREE** for the [Healthy Early Years Award Programme](#) which supports early years settings to create a healthier environment, including a focus on healthy food. Early years providers can apply for awards, attend training and access resources. Find out more and register at: [Healthy Schools Home > Healthy Schools North Yorkshire](#) or email healthyschools@northyorks.gov.uk
- Would you like some help with [improving your food offer](#)? The [Healthier Choices team \(Trading Standards, NYC\)](#) can offer free support to review and improve the food offer. For more details, please contact ts.healthierchoices@northyorks.gov.uk

Family Food Leaflet

This 2-page leaflet aims to help families with the cost of food and provides ideas for eating well on a limited budget. This can be shared digitally through your existing communications or printed and given to families.

<https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/07/leaflet-Family-Food.pdf>

Family Friendly Food and Cooking Ideas

This leaflet has been developed to support families with practical links, tips, and information on food. It is available in a digital and printable versions to share with families through your communication routes. <https://healthyschoolsnorthyorks.org/wp-content/uploads/2026/07/Family-Friendly-Food-and-Cooking-Ideas-Resource.pdf>

We welcome any feedback or suggestions on this leaflet. Please email our Healthy Schools and Early Years Award Programme team on Ruth.stacey@northyorks.gov.uk

Yours faithfully,



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