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Llywodraeth Cymru  
Welsh Government

Welsh Government  
**Consultation Document**

## Food and Nutrition in Childcare settings

Guidance on best practice

Date of issue: 25 June 2018  
Action required: Responses by 14 September 2018

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.  
This document is also available in Welsh.

<b>Overview</b>	The purpose of this best practice guidance is to help childcare settings meet the child care regulations for food and drink.
<b>How to respond</b>	Please complete the consultation response form and send it to: <a href="mailto:Lifestyles@gov.wales">Lifestyles@gov.wales</a>
<b>Further information and related documents</b>	<b>Large print, Braille and alternative language versions of this document are available on request.</b>
<b>Contact details</b>	For further information:  Name: Healthy and Active Branch  Address: Welsh Government Cathays Park 2 Cardiff CF10 3NQ

## General Data Protection Regulation (GDPR)

The Welsh Government will be data controller for any personal data you provide as part of your response to the consultation. Welsh Ministers have statutory powers they will rely on to process this personal data which will enable them to make informed decisions about how they exercise their public functions. Any response you send us will be seen in full by Welsh Government staff dealing with the issues which this consultation is about or planning future consultations. Where the Welsh Government undertakes further analysis of consultation responses then this work may be commissioned to be carried out by an accredited third party (e.g. a research organisation or a consultancy company). Any such work will only be undertaken under contract. Welsh Government's standard terms and conditions for such contracts set out strict requirements for the processing and safekeeping of personal data.

In order to show that the consultation was carried out properly, the Welsh Government intends to publish a summary of the responses to this document. We may also publish responses in full. Normally, the name and address (or part of the address) of the person or organisation who sent the response are published with the response. If you do not want your name or address published, please tell us this in writing when you send your response. We will then redact them before publishing.

You should also be aware of our responsibilities under Freedom of Information legislation

If your details are published as part of the consultation response then these published reports will be retained indefinitely. Any of your data held otherwise by Welsh Government will be kept for no more than three years.

## Your rights

Under the data protection legislation, you have the right:

- to be informed of the personal data holds about you and to access it
- to require us to rectify inaccuracies in that data
- to (in certain circumstances) object to or restrict processing
- for (in certain circumstances) your data to be 'erased'
- to (in certain circumstances) data portability
- to lodge a complaint with the Information Commissioner's Office (ICO) who is our independent regulator for data protection.

For further details about the information the Welsh Government holds and its use, or if you want to exercise your rights under the GDPR, please see contact details below:

Data Protection Officer:  
Welsh Government  
Cathays Park  
CARDIFF  
CF10 3NQ

e-mail:

[Data.ProtectionOfficer@gov.wales](mailto:Data.ProtectionOfficer@gov.wales)

The contact details for the Information Commissioner's Office are:

Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 01625 545 745 or  
0303 123 1113

Website: <https://ico.org.uk/>

## The Foreword

Our vision is for children from all backgrounds to have the best start in life. We know that eating a nutritious healthy balanced diet and being physically active is essential in providing children with the building blocks for a healthy future. It helps to promote a child's healthy growth and development and sets the foundation for their future health and wellbeing. The early years can have a positive influence on food preferences as a toddler begins to have a decisive say in the foods they choose to eat. The evidence shows that eating habits adopted in early years will be taken forward into later childhood and adult life.

Childcare settings provide an ideal opportunity to encourage young children to eat well and learn about food. We are delighted to launch this consultation on *Food and Nutrition for Childcare Settings, Best Practice Guidance*. This aims to support settings to meet the childcare regulations for food and drink, but to also help parents in being more aware of what settings offer their children and taking messages home on the healthy choices they have made. This will support other national policy initiatives and programmes that impact on early years and children.

The food and nutrition guidance is one element of the work being carried out in this area. We are also in the process of developing a 10 year Healthy Weight Strategy which we will consult on later this year. The strategy will set out our approach to support people to achieve a healthy weight and outline the actions needed at a national level to help prevent and reduce obesity levels in Wales. Childcare settings play an important role to create environments which support healthy choices and can play a role to introduce good eating habits for life.

We want this best practice guidance to be a practical and user friendly resource which will help to achieve excellent quality food provision in childcare settings. Through this consultation we want to hear from childcare providers, pre-school scheme co-ordinators, inspectors, dietitians, local authorities, and most importantly parents.

The Welsh Government will be holding workshops across Wales to bring stakeholders together to discuss the guidelines. We will also be liaising more with providers directly to consider your practical experiences. We want to hear about your experiences of food and drink in settings at the moment and to consider some of the great practice already taking place.

We acknowledge the input from key Childcare provider organisations, Care Inspectorate Wales, Dietitians and Public Health Wales, who helped inform and shape the draft guidance. Also Public Health England for the use of the menus and recipes, which were informed by the original work of the Children's Food Trust, (2017)<sup>1</sup>.

We welcome your thoughts, which will help to produce the final version which we will be launching later this year.

<sup>1</sup>Children's Food Trust (2017), *Developing new example menus for early years settings in England, to reflect current government dietary recommendations: Technical report*.

## **What are the main issues?**

Childcare practitioners and settings are in an ideal position to help shape a child's eating habits for life and to support young children to eat well. We want to encourage standard practice across Wales and for childcare settings to consider how they can help to consider their current food offer within their settings.

The best practice guidance is only one element of the work being carried out on food and nutrition. A 10 year Healthy Weight Strategy will be consulted upon later this year. Our aim is to work with childcare settings to help improve and shape environments which support positive eating habits and to help providers to meet the childcare regulations for food and drink.

## **Where are we now?**

This draft policy implementation guidance builds on and replaces earlier 2009 guidance on food in early years and childcare in Wales<sup>2</sup>.

The Public Health (Wales) Act 2017 white paper outlined the proposals for developing further guidance and best practice standards on food and nutrition for other public settings, one of which was childcare settings. The publication of food and nutrition best practice guidance for childcare settings is the start of this process.

## **The evidence for change**

Children attending childcare settings from a young age may be receiving up to 90% of their food and nutritional intake if attending full day care. They may also be receiving snacks and drinks in a range of settings that contribute to their nutritional intakes and can impact on their overall diet.

Evidence shows that a healthy diet can promote healthy growth and development, protect a child's health, promote good oral health and set the foundations for a child's future health and wellbeing. Habits adopted in early years will be taken forward into later childhood and adult life. The Child Measurement Programme for 2017 shows that around a quarter of children (27.4%) aged 4-5years old are classified as overweight / obese in Wales.

<sup>2</sup> *Welsh Government (2009) Food and Health Guidelines for early years and childcare settings.*

**Consultation  
Response Form**

Your name:  
Organisation (if  
applicable):  
email / telephone  
number:  
Your address:

**Consultation Questions**

**Food and Nutrition for childcare settings - best practice guidance**

We wish to work with childcare settings to help improve and shape environments which support positive eating habits and to help providers to meet the childcare regulations for food and drink.

**To this end we have included a number of questions to consider relating to the content of the document:**

Please tick type of respondent

Childcare provider

Childcare Inspector

Health professional

Parent

Other (please state) .....

1. Do you agree that up to date nutrition standards and guidance are helpful to have in place ?  
  
Yes/No Please explain why
2. How do you feel about the layout of the sections, are they easy to read and follow ?
3. What would help to ensure these are easily accessible to you ? (e.g. individual sections on the web, printer friendly)
4. Thinking about each of the sections, do you feel there are:

- a. any particular sections of information in the document which you disagree about?
  - b. any gaps in information which you think should be included?
  - c. any parts that are particularly helpful ?
5. Do you feel there are any particular issues or barriers which could prevent the successful implementation of the nutritional guidelines?

If yes, please say what they are and how do you think these could be overcome?

6. What kind of training, support or resource would you like to see to help support the successful implementation of the standards?
7. Do you think this guidance will help to improve food provision in childcare settings ?
8. How will you use it ?

If you are a childcare provider please answer questions 9 and 10

9. Do you think the standards will be help you to plan meals, snacks, drinks and menus for the children in your care?
10. Do you think the recipes will help?

We have asked a number of specific questions. If you have any related issues which we have not specifically addressed, please use this space to report them:  
Please enter here:

Responses to consultations are likely to be made public, on the internet or in a report. If you would prefer your response to remain anonymous, please tick here: