

Dear parents, guardians, and carers,

We hope this message finds you well.

As the dedicated catering partner of your child's nursery, we are committed to providing all children with nutritious, balanced, and enjoyable meals that support their health and development. We're pleased to share that from Monday 5th January 2026, we will be implementing the updated Early Years Nutrition Standards, developed in line with the latest government guidance.

What does this mean for your child?

The new standards are designed to help children aged 1–5 develop healthy eating habits from an early age. Our updated menus will:

- Continue to include a wide variety of vegetables, fruit, wholegrains, and protein sources.
- Continue to limit added sugars, salt, and saturated fats.
- Continue to offer age-appropriate portion sizes.
- Continue to reflect cultural and dietary needs where applicable.

What's changing?

You will notice our early years menus no longer include the following in line with new regulations:

- Desserts other than fresh fruit and yoghurt
- Dishes containing pastry such as pies and flans

Working Together

We understand how important it is that children feel happy and supported during mealtimes. Our kitchen teams are trained to make these changes enjoyable and engaging, encouraging children to explore new foods without pressure. Our goal is to make mealtimes a positive, healthy, and fun part of your child's day.

If you'd like to learn more about the Early Years Nutrition Standards, please visit:

<https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>

Kind regards,

Taylor Shaw Catering