

Thursday, 07 August 2025

[Health and Social Wellbeing Improvement](#)

Nutrition matters for the early years



Guidance for feeding under fives in the
childcare setting



This booklet for childminders and staff in day nurseries, playgroups and crèches outlines straightforward, practical advice and information on a range of nutritional issues related to children up to the age of five to ensure each child gets all the nutrients they need to stay healthy.

Details

Format

A4 colour booklet, 48 pages (PDF only)

Target group

Childminders and staff in other childcare settings who provide food for children under five.

Downloads

Attachment

Size

[Nutrition matters for the early years FINAL 0825.pdf](#) 42.99 MB

Tags

- [nutrition](#)
- [early years](#)

[Print](#)