

Butterflies are proud to be part of Nourishing Our Future (NOF), a pioneering programme led by Essex County Council and Anglia Ruskin University.

What is Nourishing Our Future?

Nourishing Our Future supports early years settings in making healthy eating simple, enjoyable, and nutritious for children.

Children can consume up to 90% of their daily nutrition while in childcare, making early years settings vital in building lifelong healthy habits.

Why this matters

- Best start in life – Good nutrition supports children’s growth, learning, and energy levels.
 - Positive food experiences – Encouraging a healthy and enjoyable relationship with food.
 - Support with challenges – Guidance around packed lunches, fussy eating, and allergies.
 - Evidence-based approach – Practical resources and a recognised NOF Award to improve food provision.
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Working in Partnership with Parents

NOF is about support, not judgement. We work together with families to:

- Support healthy choices at home and in the setting
 - Share helpful resources, including budget-friendly meal ideas
 - Understand the challenges families face, including time and cost
 - Create a positive, supportive approach so every child can thrive
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What to expect at Butterflies

As part of this programme, you may see:

- Information about the food we provide
 - Support and guidance for packed lunches
 - More food-based activities to encourage children to explore new foods
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 Families can find further information and resources here:  <https://nourishingourfuture.co.uk/>

Our Achievement

19/12/2025 – We are delighted to have achieved the ‘Rooting’ stage of the Nourishing Our Future Award. This reflects our strong commitment to supporting healthier futures for children and families in our community.

If you would like support or ideas around healthy eating, please speak to a member of the Butterflies team.

