

# Chef Academy Impact Report

September 2023

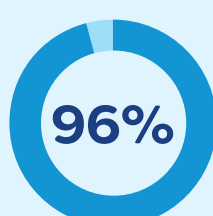


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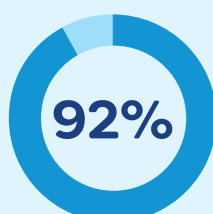
“All EY chefs should do this course; I feel it should be compulsory along with a food hygiene certificate for all nurseries.”

Chef, non-  
LEYF nursery

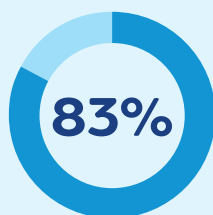
## Knowledge and skills



96% of chefs reported an improved understanding of the impact of food on children's health and development.

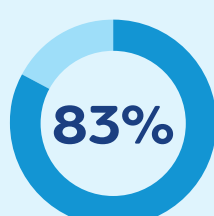


92% of chefs reported an improved understanding of age-appropriate portion sizes.

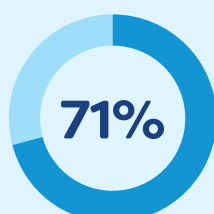


83% of chefs reported an improved understanding of the nutritional requirements for young children.

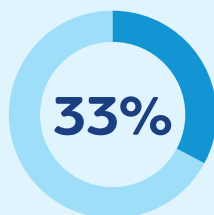
## Confidence and motivation



83% of chefs reported that they were more motivated to serve healthy food.



71% of chefs strongly agreed that the training had improved their confidence as an Early Years chef.

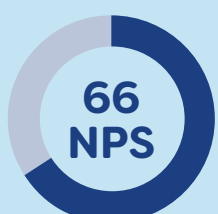


33% increase in proportion of chefs who reported that their confidence relating to the age-specific nutritional needs of children was 'excellent'.

## Great feedback



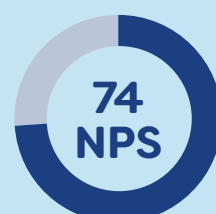
90% of chefs said they would recommend the training to other nursery chefs.



Net Promoter Score (NPS) for chefs was 66.

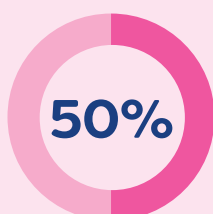


100% of nursery staff said they would recommend the training to other nursery chefs.

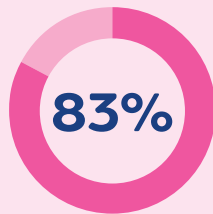


Net Promoter Score (NPS) for chefs was 74.

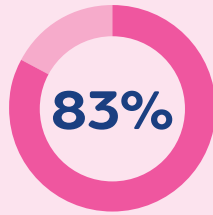
## Outcomes – Nurseries



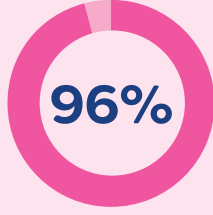
50% of nurseries reported that the affordability of their menus had improved, perhaps due to changes to portion sizes and menus, which had reduced food waste.



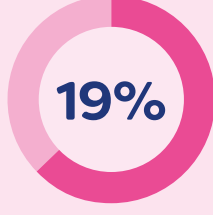
83% of chefs reported some improvement to the serving of age-appropriate portions in the nursery.



83% of chefs reported some improvement in staff knowledge of child nutrition and healthy eating.

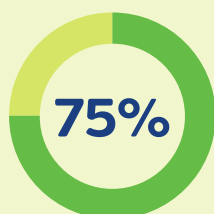


96% of staff strongly agreed or agreed that their nursery encourages healthy eating for children and families.

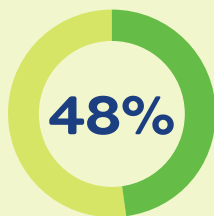


19% increase in the proportion of chefs who strongly agreed that their nursery encourages healthy eating (from baseline of 45% to 64% at the end of the training).

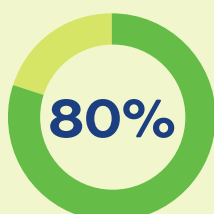
## Outcomes – children, parents and families



75% of chefs had observed some improvement to children's enjoyment of the food at snack and mealtimes.



48% of staff had observed some improvement to children's enjoyment of the food at snack and mealtimes.



80% of parents interviewed said having a chef trained in Early Years nutrition and healthy eating would influence their choice of nursery.



A longer-term outcome is for parents to be more knowledgeable about healthy diets. The Early Years Chef Academy had given the nurseries more ideas for promoting a healthy diet to parents/carers, which had led to some changes in practice.

Given the outcomes achieved by the Early Years Chef Academy training to date, particularly around improved mealtimes, if expanded to a larger number of nurseries, **the Early Years Chef Academy has the potential to lead to significant improvements in children's diets at a population level.**

