



PRESS RELEASE

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Woodlands Nursery 'Highly Commended' for nutritious food

The children and staff at Woodlands Day Nursery in Timperley have been celebrating their achievement in the nationwide Nursery World Awards 2009 with a top 3 spot for Best Nursery Food Award.

As part of the selection process, the Nursery were first required to demonstrate how they provide a healthy menu, how food is locally sourced, how it is stored, cooked, and served, as well as how they educate young children about the importance of healthy food choices and the benefits of exploring a variety of food. Annie Seeley, a registered public Health Nutritionist and Judge from the national journal's awarding panel, then came to observe how the nursery's daily activities had an emphasis on healthy food and interview the team about the quality of the food (who are offered a free lunch every day!). She also sampled the nursery chef's lunch first hand, a children's favourite of roast free-range chicken, seasonal butternut squash, spinach and crispy roast potatoes, saying that it was 'delicious and obviously full of nutrients essential for young children whilst at nursery'. Annie also observed how the children had been taught to independently serve themselves, choosing healthy options without question, so that they made their nursery daily target of five fruit and vegetables a day.

Woodlands Nursery was one of seven national finalists to attend the Oscar-style Award Ceremony in Grosvenor House in London on 25th September. Here, Woodlands were finally judged to be in the top 3 Nurseries in the country for Best Nursery Food, and were 'highly commended', with a Certificate of Achievement.

Helen Krawczyk, Woodlands chef, who attended the Awards ceremony, said 'I am thrilled to have achieved this award. We are vehement believers in good early nutrition and ensure all children at Woodlands experience the wonderful taste of freshly cooked, nutritious meals every day and this award recognises the hard work that everyone does to ensure that this happens.'



Helen Krawczyk, Woodland's Chef, receiving her Award at the Nursery World 2009 Awards in London.

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**Woodlands is an award-winning Day Nursery and Nursery School in Timperley, Altrincham, Cheshire, providing quality daycare, education and nutrition for 50 children aged 0-5.
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