Bringing simplicity & consistency to mealtimes at Seymour House Nurseries

At Nursery Kitchen, we don't replace chefs, we support them because great nursery food isn't just about cooking, it's about consistency, confidence and care.

About Seymour House

With 12 nurseries across Essex and Hertfordshire, Seymour House has built a strong reputation for outstanding early years education and care. As the group has grown, it has remained committed to delivering exceptional experiences for children and families, with food and nutrition forming an important part of its overall provision.

The challenge

Maintaining consistently high standards across nursery kitchens came with increasing operational pressures from staffing challenges and compliance demands to ensuring every child received safe, nutritious, high-quality meals every single day.

That's where Nursery Kitchen came in.

Rather than replacing their nursery chefs, Nursery Kitchen partnered with Seymour House to provide the systems, structure, training, and ongoing support behind the scenes; turning their kitchen team into confident Food Heroes and creating kitchens that are calmer, safer, easier to manage,and built to thrive.

The impact

- **Reduced pressure on nursery managers**
- **Greater confidence around compliance and allergies**
- **Improved kitchen resilience during absence and staff turnover**
- **Positive parent feedback on food quality**
- **Happier, well-nourished children**

"Partnering with Nursery Kitchen has given us confidence that every setting delivers the same high standards while reducing operational pressure. It gives our teams the support and structure they need to flourish."

Caroline Clark,
Head of Operations, Seymour House

Calm kitchens. Smoother days.

Like many nursery groups, Seymour House faced challenges including staffing gaps, inconsistent processes and increasing pressure on managers.

Nursery Kitchen introduced a structured system that made kitchens easier to run, easier to cover and less reliant on individual team members. Even during absences or team changes, standards remained consistent and kitchens continued to operate smoothly.

Empowering Seymour House's Food Heroes

Through the Food Hero programme, kitchen teams receive structure, training and support to confidently deliver exceptional mealtimes while playing a wider role in children's food education and wellbeing.

Expert support. Outstanding standards.

Nursery Kitchen provided Seymour House with the nutritional expertise, systems and support needed to deliver consistent, high-quality food across every setting.

With Nutritionist Approved Accreditation, EYFS compliant menus, robust allergy processes and ongoing guidance from an experienced food and nutrition team, Seymour House gained confidence that every meal met the highest standards for quality, safety and compliance.

The outcome

Today, Seymour House has a food provision that is consistent, resilient and built to support future growth. Nursery managers have greater confidence, kitchen teams feel supported, parents trust the food their children receive, and children enjoy safe, nutritious meals every day.

Meet Tracey – Food Hero, Seymour House Channels Day Nursery

As one of Seymour House's Food Heroes, Tracey has experienced first-hand how the right systems and support can transform the day-to-day running of a Nursery Kitchen.

"Nursery Kitchen has completely transformed the way we work. It's calmer, less stressful and we know every meal is going to be brilliant every day."

Call: 01245 808080 or Email: hello@nurserykitchen.co.uk

nurserykitchen.co.uk