



## FOOD AND NUTRITION POLICY:

### Rationale:

To provide an environment where healthy food choices are promoted, encouraged and made available to all children. To provide an environment where children, parents/whānau develop knowledge and skills about keeping themselves healthy, and a positive attitude towards food and nutrition.

### PROCEDURE:

- To work in partnership with parents/whānau/caregivers to provide our children with healthy food choices.
- Just Kids Preschool will provide parents/whānau with some healthy eating guidelines upon enrolment, these will include ideas for healthy lunch options, and foods that we ask be kept at home.
- If a child has treat foods in their lunch box we encourage children to keep them for home, if a child does not have ample food in their lunch box because of this the centre will provide the child with a suitable alternative for that day, we will then speak with parents/whānau to encourage healthier choices to be provided.
- Parents/whānau/caregivers will be asked to contribute towards morning and afternoon tea by providing a piece of fruit to be placed in the communal fruit bowl. This fruit will be shared among the children at morning and afternoon kai time.
- If a child sleeps through a meal time, they will be offered food when they wake.
- All food which is prepared at the centre will be prepared, served and stored hygienically. There is a fridge/freezer available to store cold goods.
- All children will be supervised while eating.
- Tikanga practices will include having separate tables for kai use, no sitting on kai tables, we will say karakia before kai times, separate areas for hand washing and food preparation, and food utensils will be used for that purpose only.
- All children will be encouraged to wash their hands before eating kai. Those children requiring assistance will be given some. Infants & some toddlers will have their hands washed with a clean face cloth.
- All children will be seated while eating kai.
- All children will have access to a clean face cloth to wash their hands and face after kai.
- All food served to the children at the centre will be recorded in the daily diary, this information is available to parents and will be kept for 7 years. If birthday treats are sent from home we will ask parents/whānau to provide us with a full ingredients list which will be kept on record in the birthday treats book.

- Each classroom will have a chart on display alerting teachers to any children with food allergies. The charts will include a photo of the child & their particular allergies. It is parent's responsibility upon enrolment to inform staff about any allergies their child may have & to update this information as required.

### **O2's Children:**

- A rolling morning/afternoon tea will run, all children will be offered the opportunity to have kai at 10am & 2pm for approximately ½ hour. Teachers will set up the kai tables with enough seats for approximately 6 children at a time. This will help to encourage children's decision making and turn taking skills. Small groups of children at a time also enable quality interactions and conversations relating to food to take place between children and teachers.
- All children will be seated at 12 noon for lunch for approximately ½ hour. Children will be encouraged to eat their sandwiches and yoghurt first before other healthy options.
- Assistance will be given to children when required. At all times children's independence and self-help skills will be encouraged and modelled keeping in line with their individual needs.

### **U2's Infants & Toddlers:**

- Infants and toddlers will have access to milk and food based on their individual needs and routines. Any infant milk or food given to children under 12 months of age is approved by their parents/caregivers.
- We have a bottle feeding policy in place (refer to this for further information).
- Infants under the age of 6 months and any other children who are unable to drink/eat or sit independently will be held and lap fed.
- Morning and afternoon tea will be provided at approximately 10am & 2pm. Lunch will take place at approximately 11.30am. These routines are flexible and will cater to the varying needs and routines of the individual children.
- Bibs are available for use during each kai time and will be washed after each use.

### **Education:**

- All staff and children will follow the correct procedure for hand washing before and after being in contact with food.
- Fresh produce is grown and harvested at preschool with the children. At times some of this produce will be sent home with the children for their families.
- Teachers often talk with children about different fruits and vegetables and encourage children to try different foods.
- Teachers talk with children about healthy food options, and how these fuel our growing bodies.
- Games, puzzles, activities and posters promote and encourage knowledge about healthy food and nutrition within our environment.
- Food and nutrition pamphlets/posters are often available for our families to take home.
- Opportunities will be available for children to help prepare food for morning and afternoon tea.

**Drinks:**

- There is an ample supply of portable drinking water available to the children at all times. Children are also encouraged to bring along their own drink bottles.
- We ask that juice and flavoured milk be kept at home.
- Warm milo may be available to children during colder months.
- No children will have access to any fluids while in bed.

**Legislation which guides this policy:** Licencing Criteria for early Childhood and Care Centre's, 2008  
*Food and drink HS19, HS20*

Date adopted: 27/4/2017

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