

## Healthy Food and Drink Policy

**Purpose:**

To ensure the nutritional well-being of children.

**Rationale:**

The Hokowhitu Children's Centre recognises the benefits of good nutrition and will promote healthy eating and drinking within the Centre.

**Policy:**

1. Staff will prepare and serve food to the children for morning and afternoon tea that is healthy, low in sugar and low in artificial additives.
2. Individual children's allergies and cultural observances will be taken into account. Children will not be given peanut butter, nuts, popcorn, hard vegetables, hard fruit such as apples and pears.
3. Parents will be encouraged to prepare healthy lunches for their children and provide limited packaged food. Staff will assist with suggestions in newsletters, posters and conversation.
4. Over 2's Whanau will be encouraged to put all named yogurts and dinners to be reheated, along with any other foods that need to be kept cold before serving in the refrigerator. Under 2's Whanau will be encouraged to put lunches named on the bench in the under 2's kitchen area.
5. Children will be encouraged to eat their "healthy" food i.e. sandwiches, yoghurt, reheated leftovers etc and fruit, before biscuits, chips etc.
6. Lollies, fizzy, chocolate, peanuts and lolly- look- alike (fruit straps, dried fruit leathers) will not be eaten at the Centre. Where these are supplied in a child's lunchbox they will be removed and returned to the child's parents with an explanation when the child is collected.
7. Children will be served water to drink, or unflavored milk only when supplied by the parents. Water is available at all times for the children to drink. Over 2's whanau are responsible for supplying and taking water bottles home each day to clean and refill with fresh water. Under 2's are supplied with a named sippy cup that will stay at the Centre.
8. Staff will be good role models for the children and will not eat or be seen carrying unhealthy food in front of the children.
9. Meals will be served to the children at regular intervals; Over 2's morning tea served from 9.45am, lunch at 12 noon and afternoon tea from 2.30 and late snack as required. Over 2's afternoon tea is rolling, so children are able to eat when they are hungry or finished their activity. A late afternoon teas or dinner is also offered to children if required. Under 2's

morning tea 10:00am, lunch 11:30am, afternoon tea 2.30-3:00pm, dinner 4:30-4:45pm. These times are flexible and if a child needs food or a drink between these mealtimes this will be accommodated.

10. All food provided to children by the Centre, morning/afternoon teas will be recorded on the sheet kept in the kitchen area.
11. When a child has a birthday at the Centre, parents may provide healthy food options for the children to share. We will do our best to accommodate parent/whānau requests.
12. Menu:

**Morning Tea**

- Toast with vegemite/marmite or jam
- Fresh fruit (no apples, hard vegetables or hard fruits)

**Lunch**

Children bring their own lunches

- Healthy food choices are promoted. Children are supported in selecting and talking about their healthy food while eating.

**Afternoon Tea**

Children will be offered any leftover food in their lunch boxes first.

- Toast vegemite/marmite or jam
- Fresh fruit (no apples, hard vegetables or fruits)

13. As part of our commitment toward promoting and providing healthy and nutritious food for all of our children teachers/management will ensure:
  - that there is a quiet place in which babies can be breast fed. Under 2s has a special chair where mums can breast feed babies.
  - professional development will be budgeted for to provide regular professional development for staff and whānau in nutrition and active movement
  - Weekly nutrition education is made up on the following activities especially on the Over 2's:
    - Through discussion during meal times with children
    - Healthy food games eg. Vegetable's names, matching cards etc.
    - Movement; dancing like fruit and vegetable eg. Mango Tango or Giants Breakfast – as per our Active Movement Policy.
    - Cooking and food preparation activities with children
    - Planting and caring for our vegetable garden including feeding our tiger worms. (when we have them)
  - Lunchbox Guidelines will be handed out to all existing and new families and reviewed alongside the policy

- Pamphlets that provide information for parents, whānau and caregivers will be available as provided by the Ministry of Health and other professional agencies
- Healthy food ideas will be shared via newsletters, displays and our recipe book

**Revised:** August 2016

**Review:** Feb 2017

**Updated:** July 2018

**Updated:** July 2019

**Chairperson**

under review

*Hand in Hand Learning and Growing*