



Riverside Educare

Food, drinks and Nutrition policy

Rationale:

To be committed to a safe and healthy eating environment.

Te Whāriki:

Well Being- Goal 1- Children will experience an environment where their health is promoted.

Procedure:

- We will make every possible allowance for mothers wishing to breast feed and will encourage and support them.
- The centre contracts out all food requirements to Double Black Cafe, who will have commercial cooking facilities, approved food plan in place and a commitment to producing food in accordance with Healthy Heart guidelines.
- A weekly menu of the morning, afternoon teas and lunches will be displayed in the kitchen. A record will be kept of all the food served. This is provided daily by Double Black cafe and will be updated by staff if further baking is done with the children.
- The centre has a kitchen procedure, which is displayed in the kitchen to ensure the highest level of food hygiene is maintained. Sterile dishwashing facilities ensure eating utensils are cleaned thoroughly.
- Hand washing and general hygiene routines are observed when adults and children are handling food.
- Foods high in fat, sodium or sugar are kept to a minimum or just for special occasions.
- Food and drink will not be given as a reward
- Teachers encourage children by role modelling healthy eating
- Children will be encouraged to make their own food choices and select their own food when possible.
- If children bring their own lunches, the centre promotes and encourages parents to pack healthy lunches. Children will be discouraged from sharing their food with others. No confectionery is to be in lunch boxes.
- Children are always accompanied by a teacher while eating. Meal and snack times will be encouraged as sociable times.
- Activities focusing on food, nutrition, health and food safety will be incorporated into the centre's daily programme.
- Allergies, food intolerances and special dietary requirements will be the shared responsibility of the child's family and the centre. Information about these allergies will be clearly displayed.
- If the child's allergies are severe a management plan will be in place and clearly displayed, to ensure all staff know emergency protocols.
- Children will be encouraged to drink water at each snack and meal break. The centre will ensure water is available to all children at other times of the day. Children are discouraged from sharing cups and bottles.
- Milk is supplied (in the Kea and Kahu rooms) regularly as an option for drinks with some morning and afternoon teas.
- Should any child require a bottle, parents must bring formula from home in correct amounts in clearly named bottles or containers. If water is to be added parents must supply the correct amount of water in a bottle or container - or clearly label the correct amount of water to be added, which we can do here at the centre. Children will only be given their own bottles.
- To ensure the safety of our children no children will be allowed any bottles while in bed.
- We are a NUT FREE ZONE due to the severity of allergies that may occur among children. This includes products that contain nuts.
- We discourage parents from giving food to children other than their own.

Date reviewed: December 2018

Licensing Criteria: HS19 – HS23