



Mountainside Educare Food, Drinks and Nutrition Policy

Rationale:

To be committed to a safe and healthy eating environment. We recognise that each child is unique and comes to us with their own bottle feeding routine and how they prefer to have it in a safe and healthy environment. We also recognise the importance of breastfeeding for the well-being of the child and the mother, both in the short term and long-term. The aim is to provide a supportive environment for breastfeeding mothers.

Te Whāriki:

Mana atua (Wellbeing) 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 lunch requirements to Double Black Cafe, who have commercial cooking facilities, an approved food plan in place and a commitment to producing food in accordance with Healthy Heart guidelines. Morning and afternoon tea will be provided for in the kitchen at Mountainside Educare following an approved food plan.
- A weekly menu of the morning, afternoon teas and lunches will be displayed in the classroom. A record will be kept of all the food served and be available for inspection for up to three months after it has been served. If further baking is done with the children, a record is also kept in the kitchen for inspection.
- 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.
- Food is prepared, served, and stored hygienically.
- Food provided by Mountainside is of sufficient variety, quantity, and quality to meet the needs of each child.
- 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 and follow the Ministry of Health's "Reducing food-related choking for babies and young children at early learning services". 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.
- All children will be sitting down while eating in an upright position with food directly in front of them. All children will be encouraged to finish their food before talking, use cutlery and eat small mouthful at a reasonable pace
- 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 life threatening 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 regularly as an option for drinks at morning tea time.
- Should any child require a bottle, parents must bring formula or breastmilk from home in correct amounts in clearly named bottles or containers. If water is to be added parents can either supply the correct amount of water in clearly labelled bottles or containers OR parents can clearly label how much water is to be added on the bottles. 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. Any food containing nuts found in children's bags or lunchboxes will be removed and given to parents upon collection of their child. The food will be replaced with an alternative if necessary.
- We discourage parents from giving food to children other than their own.
- Where food is provided by the service, foods that pose a high choking risk are not to be served unless prepared in accordance with best practice as set out in Ministry of Health's "Reducing food-related choking for babies and young children at early learning services"

<https://www.health.govt.nz/system/files/documents/publications/reducing-food-related-choking-babies-young-children-early-learning-services-apr21.pdf>

Food Act 2014

- We only use clean water for the purpose of food production, processing and handling and do not use self-supplied water
- Readily perishable food is food that will support the growth of harmful microbes and must be kept under temperature control to prevent toxins forming due to microbial growth. Mountainside Educare ensures that readily perishable food is handled, stored, transported, and processed in the right way to ensure it remains safe and

suitable as is required in the Food Act 2014. Some foods that are not initially readily perishable may become perishable when modified or altered, (for example, dry custard powder is not readily perishable but becomes readily perishable when mixed with milk or water, these must be refrigerated when they become readily perishable).

- Mountainside Educare provides morning and afternoon tea, and may provide readily perishable food which is prepared by designated kitchen staff. We therefore are subject to our Food Plan under the Food Act 2014. The requirements under our Food Plan (receiving, storing, cooking, cooling and reheating perishable food) are outlined in the Food Act 2014 Checklist and Record Sheet.

Bottle Feeding

- To ensure the safety and well-being of our tamariki. All tamariki who are under the age of six months and other tamariki unable to drink independently are held semi-upright whilst being fed. All tamariki 12 months and under will be held whilst feed.
- Whilst having a bottle, a kaiako will always be present.
- Tamariki who require formula, whānau must bring formula from home in correct amounts in clearly named bottles or containers. Any infant milk food/formula given to a child under the age of 12 months is of a type approved by the child's whānau.
- Bottles will be prepared in the utmost hygienic way through hand washing and timing of preparation - as close as possible to feeding time.
- Breastmilk will be stored in the fridge and heated in a bottle warmer or hot water, not in the microwave.
- All kaiako will be given the correct training on how to make up a formula bottle and handling of breast milk.
- To ensure the safety of our tamariki, no child will be allowed bottles whilst in bed.
- Sterile bottles and extra formula will be stored in the civil defence kit in case of an emergency.

Breastfeeding

- Breastfeeding women will be provided a place to breastfeed or express their milk.
- Breastfeeding kaiako will be provided flexible breaks to accommodate breastfeeding or when expressing milk.
- The time allowed would not exceed the normal time allowed to other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used.

Links to: Licensing Criteria: HS19-HS23

Date reviewed: September 2021