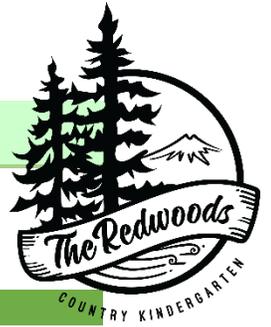


Nutrition / Kai Policy and Procedures



Licensing Criteria: Health and Safety HS19-22

Rationale

The early years are the optimal time to begin to grow children's dispositions towards healthy eating. At our kindergarten the health and nutrition of our tamariki, kaiako and whānau is a priority and we strive to support this through nutrition and physical activity.

Te Whāriki ECE Curriculum: Well-being Mana Atua Goal 1 - Children experience an environment where their health is promoted.

Objectives

- To support tamariki to understand the connection between healthy food and water and having energy and a healthy body.
- To assist tamariki to develop self-help and self-care skills for eating, drinking and food preparation
- To ensure there are hygienic procedures around food handling.
- To provide regular education for tamariki and whanau around nutrition and healthy eating through community health services, food focused learning and role modelling of positive attitudes to eating and drinking by kaiako.

Procedures

- A variety of fruit and vegetables will be grown in the kindergarten garden that can be eaten either raw or used as the main ingredient in our food focused science and technology curriculum.
- The kindergarten garden will be a space for food inspiration and exploration. Tamariki will be encouraged to taste food from the garden when it is ready and develop their skills in harvesting, planting and cooking to support healthy eating practices.
- Before preparing or eating food, kaiako will role model hand washing techniques and encourage tamariki to learn how to keep themselves and others safe and healthy and avoid the spread of germs and cross contamination,
- Information about food allergies or intolerances will be established upon the child's enrolment and appropriate medical forms completed at this time (see service's response to illness, injury and incident procedure).
- Kaiako and whānau will discuss any allergies, food intolerances and special dietary requirements when the tamaiti is enrolled into kindergarten. These will be recorded

on the child's enrolment form and a management plan put into place if deemed necessary. This will be shared and signed by all Kaiako and whānau.

- A list of individual dietary information will be displayed inside the door of an upper kitchen cupboard for quick reference prior to serving food.
- Kaiako will decide on whether to ban a particular food item from kindergarten depending on the severity of the allergy and whānau will be informed as needed when a ban is in place.
- We will provide an environment that celebrates the cultural diversity that exists around food and encourage families to share their strengths, skills and experiences of their culture.
- We will be inclusive and supportive of all dietary requirements and cultural attitudes to eating when engaging in food technology with tamariki.
- All food provided for tamariki (other than that supplied by the child's family for their personal consumption) will be recorded in the Service food register and kept on file for a minimum of 3 months.
- Parents will be encouraged to breastfeed their infants and young tamariki here at kindergarten and a quiet and comfortable space will be provided for them to do so.
- Staff will be encouraged to attend professional development opportunities surrounding health and nutrition.

Lunch and morning /afternoon tea provision:

- Although tamariki will be encouraged to bring their own water bottle, there will be safe drinking water and cups available on a water trolley for tamariki to access independently throughout the day. Tamariki will be encouraged to pour any left-over water onto the plants.
- Sustainability is a fundamental element of our teaching philosophy and in order to support this the use of compartmental lunch boxes and reusable food wraps will be encouraged here at kindergarten.
- To ensure optimum health and development of tamariki, whānau will be encouraged to supply a substantial amount of nutritious food from home to last the child throughout the 6 hour session.
- We value the need for uninterrupted play and will therefore offer rolling kai times throughout the morning and into lunch.
- It is an expectation that all tamariki will sit down while eating and drinking and they will be supervised by an adult at all times. Wherever possible, kaiako will be mindful to sit with children in the designated eating areas provided. Kaiako will eat with tamariki throughout the day and role model eating a light snack with water mid morning and more substantial kai for lunch.
- Kaiako will ask tamariki to refrain from eating if they (the adult) need to use the bathroom. They may also request this if they are required to support another child in the bathroom area and they feel unable to supervise the kai table effectively. Alternatively they can seek support from the outside kaiako by asking them to come up onto the deck in view of the kai table.

- Supervision of the kai table is made a priority and kaiako are mindful to utilise their listening skills as well as their sight to ensure the well being of tamariki while they are eating kai.
- All kaiako and tamariki will gather together at the end of the day for afternoon tea and tamariki will be encouraged to keep some kai back for this time. We will have some healthy emergency kai available should a child still be hungry and need something extra at this time. By eating together at the end of the day, we can revisit the day's learning, pass on any important messages and ensure that tamariki are ready to go home and have eaten enough kai to get them through the afternoon.
- Kaiako will support tamariki to develop their self-help skills through modelling and encouraging. Such skills will include opening/closing their own lunch boxes, pouring drinks and washing their hands. Self-regulating (learning to eat when they are hungry) will be promoted throughout the curriculum as well as providing opportunities where everyone can come together to share food for enjoyment and purpose.
- Kaiako will listen with sensitivity to any concerns parents may have surrounding their child's consumption of water and food and will respond by monitoring the child closely and actively encouraging them to eat and drink without causing the child to become anxious.

Review

Policy will be reviewed annually as per our review schedule or when a change is required.

Ratified	
Date Reviewed	22nd January 2020
Next Review Date	22nd January 2022
Consultation undertaken	Yes

References

- Te Whāriki Early Childhood Curriculum 2017 Well Being Strand.
- Education (Early Childhood services) Regulations 2008 Reg 46 Licensing Criteria for Early Childhood and Care Services 2008