



## **Food and Nutrition Policy**

### **Rationale:**

The Staff and Management at Kidiwise Early Learning Centre are committed to the health and wellbeing of every child that attends the Centre. We will promote, encourage and support healthy eating and attitudes to food at all times. We will provide morning tea and afternoon tea in all rooms and lunch for all children in the Nestlings and Moreporks room. We aim for most meals to be cooked with natural alternatives for sugar and minimal salt, and preservatives. We will use culturally appropriate practice around meal times.

### **Guidelines for Meal Times:**

1. Lunch will begin with a karakia to say thank you for the meal they receive.
2. We value meal times as an enjoyable social time for children. Staff will sit with children when they are eating and will initiate and participate in conversation and social interaction. No child will be left unattended while eating. They will need to stay seated throughout their meal.
3. Meal time provides the opportunity for children to contribute to the life of the Centre. Children will be encouraged to participate in activities such as setting the table and clearing them.
4. Children will be encouraged to develop self help skills through activities such as washing their own hands and faces.

### **Guidelines for Food Safety:**

1. All tables are to be thoroughly cleaned before and after serving.
2. Children's hands are to be washed before they eat. This is particularly important when children are using their hands to eat. Children will be encouraged to turn away from food when they cough or sneeze.
3. Children will use their own plates, cups and utensils and will not be allowed to share food from a common bowl.

4. Staff will wash hands thoroughly before preparing food and wear a glove to cover their hand if they have any cuts or abrasions.
5. To help prevent cross-contamination, raw and cooked foods will be kept separate, and separate utensils will be used for raw and cooked foods.
6. Food will be prepared and if required heated until it is piping hot and then served at a safe temperature.
7. All left-overs which have been served to the children will be disposed of. Where a child does not eat lunch at the normal time, the lunch will be hygienically wrapped and stored in the refrigerator until required. If necessary, the meal will then be re-heated thoroughly and served at a safe temperature. Food will not be re-heated more than once.
8. All plates, cups and utensils will be washed in the dishwasher after use.
9. Benches, cutting boards and working surfaces will be kept clean at all times.
10. All food served at the Centre will be fresh, in good condition and contain as little sugar and preservatives as possible. We aim to provide children with a balanced diet and good variation of food, with plenty of fresh fruit and vegetables.
11. Meal records for each week are kept in the meal record folder and displayed weekly on the wall of each kitchen. These will record children who have not eaten much or at all.
12. Weekly menus are displayed in/by each kitchen for parents to view. These are also kept in the meal records folder at the end of each week.
13. Children will have access to drinking water at all times.
14. Parents preferences and cultural values regarding the nutritional requirements of their child will be adhered to. In cases where food allergies exist, staff will ensure that children will not have access to food that upsets them. A list of children with allergies will be displayed on the wall in the kitchen of each room. Where severe food allergies exist we recommend parents provide their children's food.

### **Guidelines for Children Under the Age of Two:**

- 1.** All children under the age of six months will be held while being fed and will only be given food as provided by the parent or at parental direction.
- 2.** Parents/caregivers routines and rituals for the feeding of their child/ren will be acknowledged and respected.
- 3.** All children under the age of two will have their meals and eating times recorded in their care book.
- 4.** Parents/caregivers will label all bottle feeding equipment clearly with a durable marker. All equipment must be in good order.
- 5.** Prepared bottles of infant formula will be stored in the refrigerator and will only be heated once. Any milk surplus to the child's requirements will be disposed of.
- 6.** Breast milk will be heated in warm water, not the microwave. Frozen breast milk must be placed in the refrigerator the day before use to thaw or alternatively gently thawed in warm water and used within 24 hours.
- 7.** A daily record of the quantity of milk taken by the child will be kept in the child's care book.
- 8.** All bottles will be thoroughly sterilised in a bottle steriliser or as to the parents/caregivers wishes.
- 9.** No child will have access to food or fluids whilst in sleeping areas.