



## Healthy Food Policy

### ***Rationale/Purpose***

We wish to promote healthy eating messages to parents, whanau and centre teachers. We have an obligation to present nutritionally healthy food.

### ***Broad Guidelines:***

- Our caterer will prepare and serve nutritional meals during the day.
- All meals and snacks meet New Zealand Ministry of Health guidelines and the Food & Beverage Classification System. The menu will include at least fifty percent of the recommended serves from the four main food groups each day.
- The menu rotates on a three or four week basis (a copy of the menu is available for parents).
- Allergies, food intolerances and special dietary requirements will be a shared responsibility of the child's family and the centre. Medical advice needs to be sought before eliminating food from a child's diet.
- If a child's allergy is life threatening a management plan will be in place to ensure all staff know emergency procedures.
- A record of all meals served is kept in the day book.
- Activities focusing on food, nutrition, health and food safety will be incorporated into the centre's daily programme.
- Foods high in fat, sodium or sugar content are kept to a minimum including any foods brought from home.
- Hand washing and general hygiene routines are observed when adults and children at the centre are handling food.
- Sterile dish washing facilities ensure eating utensils are cleaned and sterilized thoroughly.

### ***Lines of Responsibility:***

Principal Teacher and Staff

### ***Links to Other Documentation:***

Te Whaariki – Goal 1

Date: May 2010

Signed:

Review Date: July 2011

Responsibility for Review: Principal Teacher