



## **Nutrition Policy**

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

To ensure the safety and well being of children.

### ***Statement/Objective***

To encourage healthy eating.

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

- Ensuring children wash hands before kai times;
- Staff to ensure they have clean hands and working spaces when handling food;
- All food is clean when stored, prepared and served;
- Supervising children at all times during kai time;
- Talking with children at kai times about healthy foods, when the opportunity presents itself;
- Having a shared morning and afternoon tea consisting of a variety of foods such fruit, vegetables and baking;
- Role modelling healthy eating habits;
- Encouraging children to drink water, and to ensure drinking water is available at all times;
- Providing parent information to encourage healthy lunch boxes;
- No child is to have food or fluid while in bed or resting;
- A record of the daily menu will be recorded and kept in a folder in the kitchen;
- A four week menu plan will be available for parents/whanau to view.

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

Licensee, Principal Teacher, Staff and Parents/Whanau

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

Regulation 26

DOP's 5(a)

Te Whaariki – Well-being and belonging

Date: January 2010

Signed:

Review Date: January 2011

Responsibility for Review: Principal Teacher