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**KAI AND NUTRITION POLICY**

**RATIONALE**

Flyimg Kiwi Preschool encourages a healthy eating environment and culture in our centres. We consider that healthy kai and beverage choices can enhance educational outcomes for our tamariki.

**TE** **WHĀRIKI**

***Well-being/******Mana******atua******-******Goal******1:*** Tamariki experience an environment where their health is promoted.

**Licensing** **Criteria** **for** **Early** **Childhood** **Education** **&** **Care** **Services** **2008**

**Health** **and** **Safety:** **Food** **and** **Drink**

· **HS19:** Food is served at appropriate times to meet the nutritional needs of each child while they are attending. Where food is provided by the service, it is of sufficient

variety, quantity and quality to meet the nutritional and developmental needs of each

child. Where food is provided by parents, the service encourages and promotes

healthy eating guidelines.

**DOCUMENTATION** **REQUIRED:** A record of all food served during the service's hours of operation (other than that provided by parents for their own children).

Records show the type of food provided and are available for inspection for 3 months after the food is served.

· **HS20:** Food is prepared, served, and stored hygienically.

· **HS21:** An ample supply of water that is fit to drink is available to children at all times, and older children are able to access this water independently.

· **HS22:** Children are supervised and seated while eating. 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: Reducing food-related choking for babies and young children at early learning services. Where food is provided by parents, the service promotes best practices as set out in Ministry of Health: Reducing food-related choking for babies and young children at early learning services and must provide to all parents at the time of enrolment a copy of Ministry of Health: Reducing food-related choking for babies and young children at early learning services.

**PROCEDURES**

* All food is prepared, served, and stored hygienically.
* Under the Food Act, 2014,Flying Kiwi Preschool is registered and operates under a National Programme Level 2. Food safety records and food safety audits are adhered to.
* All meals and snacks served are prepared in accordance with the Ministry of Health's Healthy Food and Drink guidance for Early Learning Services (MOH, 2020), and Reducing food-related choking for babies and young children at Early Learning Services (MOH, 2020) and the Food & Beverage Classification System.
* Food allergies, intolerances and special dietary requirements will be a shared responsibility of whānau and centre.
* All team members will be made aware of individual tamariki food allergies, intolerances, and special dietary requirements. A visual guide including a photo of the tamaiki and list of allergies, intolerances and special dietary requirements, will be kept in the kitchen or by the kai tables as most accessible for reference. For all allergies, a health management plan will be in place to ensure all team members know symptoms to be aware of and what to do in the case of an allergic reaction and emergency protocols.
* Due to the severity of nut allergies, Flying Kiwi Preschool is a **NUT** **FREE** **ZONE**. There are no nuts, or nut containing products kept on the premises. Mātua and all team members will not bring these foods into the centre.
* For each meal, there is a specific place set aside for children to sit and eat, either at a kai table, kai chair, or on a 'kai blanket'.
* When at Flying Kiwi Preschool, tamariki will sit down to eat, and a kaiako will be with them and will actively supervise them while they are eating and drinking.
* Te Whāriki/Early Childhood Curriculum guides kai and nutrition education by developing, in the context of self-help and self-care, tamariki knowledge about keeping healthy.
* Water is always available to tamariki and older tamariki are able to access this independently. Tamariki are discouraged from sharing cups and bottles.
* Infant formulas are provided by the mātua and clearly named. Infant formula should be made just before use.
* Date of opening formula must be recorded, and product returned to mātua or discarded after it has been open for four weeks.
* Kai and drinks should not be kept in bags. Kai and drinks from home will be given to a kaiako on arrival.
* Celebration kai times will be considered positive and social events.
* Adults encourage tamariki by role modelling healthy eating when they share mealtimes together.
* If kai is refused, encouragement is offered. If kai is still refused, it is offered later when they are hungry, or an alternative healthy food option can be offered. Tamariki are empowered by having control over their kai intake, by allowing self-choice and self-service at mealtimes (when practical).
* If a tamaiti often refuses kai, a specific "nurture my development" plan will be developed in partnership with mātua, to specify agreed and consistent strategies to encourage a healthy relationship with food and physical wellbeing.
* Mealtime rituals will be a pleasurable and unhurried time together.
* There is a blessing or karakia before every meal served.
* Funds are available for resources that support nutrition education.
* Professional development is undertaken to support healthy eating for tamariki.

**LINKS** **TO:**

* Ministry of Health's Healthy Food and Drink guidance for Early Learning Services (MOH,2020),
* Reducing food-related choking for babies and young children at Early Learning Services (MOH,2020)

**Date** **approved:**

**Review** **date:**