

## Food and Nutrition Policy (HS 16-20)

To ensure that tamariki are well nourished in order to learn and grow:

- Food is served at appropriate times to meet the nutritional needs of each child while they are attending.
- Kiddz ask parents/whānau to provide the food their child will need for the time they are at the Educator's.
- When parents provide food, Kiddz encourages and promotes healthy eating guidelines. 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. Each educator has a copy of this document, and this is made available to all parents to read at the time of enrolment. Parents are encouraged to sign this document to verify they have read it.
- Educators may need to 'top up' children from time to time and are asked to ensure healthy food is provided in these instances. This must be recorded in the daily form/diary.
- Where food is provided by the educator or the service it is of sufficient variety, quantity, and quality to meet the nutritional and developmental needs of each child. **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. (See appendix)**
- Infants under the age of 6 months and other children unable to drink independently are held semi-upright when being fed. Any infant milk food given to a child under the age of 12 months is of a type approved by the child's parent.
- All foods and beverages not provided by the parent/caregiver, consumed by the child must be recorded daily.
- Food must be prepared, served, and stored hygienically.
- **Children must be actively supervised and seated while eating.**
- If the educator has any concerns over the child's food or eating habits, they will contact the Visiting Teacher who will raise the matter with the parents/guardians.
- Visiting Teacher's and educators will be made aware of individual children's food allergies, intolerances, and special dietary requirements by the parent/caregiver on enrolment or as appropriate. A visual guide including the child's photo and list of allergies, intolerances and special dietary requirements will be kept at the educator's house if required. If a child is at risk of an anaphylactic reaction to food, a management plan will be in place to ensure all team members know emergency protocols.

- The educator will have clean drinking water available at all times for children in their care, which older children can access independently.

**Date Reviewed: February 2024**  
**NELPS objectives 1, priority 1**