**Healthy eating Policy Statement:**

We here at Akoranga Preschool want to ensure that the health and wellbeing of our tamariki is a priority. Te Whāriki (early childhood curriculum) states that “over time and with guidance and encouragement, children become increasingly capable of keeping themselves healthy and caring for themselves | te oranga nui.

As teachers we know that good nutrition in Early Childhood is essential for the growth and development of children, so that they can grow healthy in their bodies and minds. We are here to create an environment that promotes healthy eating and supports whanau to make nutritious choices.