



## HEALTHY FOODS, NUTRITION AND SAFE FOOD HANDLING POLICY

### AIM:

At Akoranga Preschool we intend to enhance child health and wellbeing with education in healthy eating, lifestyle, and ways to protect when handling foods.

### 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.

<u>Preferred food choices at Akoranga preschool</u>	<u>Food to be enjoyed at home</u>
Popcorn <b><u>(room 2 only)</u></b> Eggs Fruit Veggies Sandwiches Pasta, rice, potatoes Homemade hot dinners Yoghurt Homemade baking, such as egg-based quiche, pies with bread base, <b><u>no pastry products</u></b> Cold meats Salads Cheese	peanut butter, Nutella All nuts 2-minute noodles all chips, this includes chip sticks, veg crisps, kumara chips, potato sticks. chocolate coated biscuits LCM bars Juice, Flavoured milk confectionary including lolly cake. Pies

## **CELEBRATION KAI GUIDELINES:**

In line with our healthy eating policy, we are asking that no cakes/sweet treats are sent to preschool for children's birthday celebrations.

To honour our 5-year olds as they leave us and transition to school, Akoranga Preschool will provide some fruit which will be arranged in a special decorated cake shape on our silver celebration platter.

There is no obligation for you to provide shared kai when your child is celebrating other birthdays, but if you do wish to, we ask that you also send a selection of fruit. This can then be arranged on the same silver celebration platter for them to share with their friends.

## **PROCEDURES (HEALTHY LIFESTYLE):**

At Akoranga Preschool teaching staff encourage families/guardians/whanau to provide:

Selections from the 4 major food groups; this is displayed for viewing and discussion.

The Centre has a set morning/afternoon tea 9.30am and a set lunch time. 11.30am

We are a **no glad wrap** centre but we do allow reusable glad bags.

Akoranga Preschool educators involve families/whanau in healthy eating by providing reading resources, sharing information from government agencies (local and national) in the promoting of healthy lifestyles.

## **CONSULTATION:**

With who? How? By when?

Consultation:

- Who? Families/whanau, ngā tamariki. Health service, Ministry of Education, Southland District Health board, Southland Community Connections
  - How? Written, mailings, discussion and communication.
  - When? (to reflect on establishing of healthy habits)
- Links with budget: hand wash soap, paper towels, cost of cleaning staff

Date: March 2021 - Review: March 2023

Health and safety procedures relating to food minimise risks to the health and wellbeing of staff and children. Procedures are as follows:

- Before food preparation: wash hands with soap; thoroughly between fingers, front and back of hands up to the wrists; Thorough drying follows ensuring children's and adult's hands are clean and dry before eating of food.
- During handling/food preparation: food to be prepared on hygienic surfaces, disinfectant and/or washed in the dishwasher; utensils to have been washed in the dishwasher: select an unused utensil when beginning another food preparation. **Gloves must be used** and replaced often as required, or an alternative would be the use of wipes with adults using sanitizer.
- Ample supply of water that is fit to drink is available at all times.
- Children will be adequately supervised while eating and drinking.
- Babies needing bottles will be held semi-upright while feeding.
- After food eating is complete: throw small amounts of food away e.g., Yoghurt. Put any left-over hot foods back into the children's own containers, if no container, throw remainder of food in the rubbish
- **Be aware of health issues when preparing food (i.e. When with cold or diarrhoea or general unwellness ask manager to get you a reliever for the day)  
Kitchen staff will require to have time off until well.**
- Foods to be kept separate by wrapping and/or separate container.
- The food that children have for lunch/morning or afternoon teas are kept covered in lunch boxes, food prepared by children and teaching staff at the Centre are covered when not in use. All children's foods are to be kept in their lunch boxes.
- The eating areas to be wiped clean and disinfected throughout the day, and by cleaning staff at the end of each day.
- Bins for rubbish are provided.
- The dishwasher/fridge to be cleaned weekly; the chopping boards – daily. The chairs are to be scrubbed at the end of each week.
- Cloths used for various tasks are separate – refer to Bicultural policy
- The microwave in room 1 is to be cleaned daily – in the kitchen as well as in the staff room. The oven in room 2 to be cleaned weekly by kitchen staff.