



## 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.

### RATIONALE:

Children need to experience a balanced food range which includes foods that promote healthy growth; supplying a balance of nutrients: protein, fat, carbohydrates, minerals and vitamins. The families/ngā whanau are an integral part of this healthy focus so will learn with and alongside the teaching staff/ngā kaiako, and the children/ngā tamariki; refer to the Centre Vision Statement.

Food poisoning is serious and can cause extreme discomfort. No adult/child within the Centre environment is to be put at unnecessary risk.

### TE WHĀRIKI

Well-being – Goal 1. Children experience an environment where their health is promoted

### POLICY STATEMENT:

The health and safety of each child, of each adult, and of each family is a priority within the environment of Akoranga Preschool – Te Whariki (*the early childhood curriculum*), the Desirable Objectives and Practices of the Centre Charter and the Early Childhood Regulations, regulate safe healthy practices.

### 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 and also a set lunch time. 11.30am for the under 2's and 12pm for the over 2's.

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

We do not allow confectionary, chocolate biscuits, also pies and chips (any chips from the chip aisle) flavoured milk, juice; also nuts, Nutella, peanut butter and eggs because of potential allergies as well as any pastry products such as sausage rolls and pies.

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.

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 is to be cleaned daily – in the kitchen as well as in the staff room.

## **PRACTICES:**

- Ask children when hand washing necessary: “can I smell the bubbles on your hands?”
- Empowerment – children/tamariki to make choices from their lunch boxes.

## **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? 2015 (to reflect on establishing of healthy habits)
- Links with budget: hand wash soap, paper towels, cost of cleaning staff

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