

Policy Title: Food and Drink Policy

Classification: Health and Safety

Monitored by: H&S Advisor

Approved by: GM Professional Services

Effective Date: February 2021

Review Date: February 2023

Objective: To support and encourage a safe and healthy eating environment and culture in our kindergartens.

Commitment: HCK is committed to ensuring the safety of children while eating, and to promoting food and drink that is appropriate to the nutritional and developmental needs of children, while being respectful of cultural beliefs and customs.

Related Documents

- Licensing Criteria for Early Childhood Education and Care Services 2008
- Te Whāriki
- Ministry of Health: Reducing food-related choking for babies and young children at early learning services
- Celebrations and Cultural Events Policy
- Allergies and Asthma Policy

Policy Details:

1. Kindertartens will have a designated eating area. Children will be supervised and seated while eating.
2. All permanently appointment staff working at kindertartens will hold a current first aid certificate.
3. Any food provided by the kindertarten will be prepared in accordance with the best practice as set out in *'Ministry of Health: Reducing food-related choking for babies and young children at early learning services'*.
4. Kindertartens will promote best practices as set out in *'Ministry of Health: Reducing food-related choking for babies and young children at early learning services'*. A copy of this document will be provided to all parents at the time of enrolment.
5. Food will be served at appropriate times to meet the nutritional needs of each child while attending kindertarten.
6. Each kindertarten will develop practices to ensure that food is served in ways that meets the nutritional and developmental needs of each child. These practices may vary between kindertartens to reflect each kindertarten's own community.
7. A record of all food served to children (other than that provided by parents for their own children) will be kept. This will show the type of food provided and will be available for inspection for three months after the food is served.
8. The HCK Allergies and Asthma Policy, and the Celebrations and Cultural Events Policy will be followed when preparing and serving food to children.

Healthy food and drink practises:

1. All Hutt City Kindertartens are sugary-drink free. This includes flavoured milk and fizzy drinks (other than carbonated water). If these items are bought to kindertarten, the child will be respectfully asked to leave them in their bag until they leave for the day.

2. All Hutt City Kindergartens are confectionary free. This includes lollies, sweets and chocolates. If these items are bought to kindergarten, the child will be respectfully asked to leave them in their bag until they leave for the day.
3. Children will not be denied any other food provided by their own whānau. Teachers will discuss any concerns about the food provided with the parent/caregiver and not the child.
4. Kindergarten staff will model healthy eating and drinking when they share food together.
5. The Ministry of Health guidelines, along with those from other relevant New Zealand organisations, will be followed when promoting healthy food and drink options and habits.

Review: This policy will be reviewed biennially, in consultation with staff.