



AORAKI COMMUNITY EDUCATION TRUST BOARD

POLICY: FOOD & NUTRITION WHERE FOOD IS BROUGHT FROM HOME.

Rationale: To ensure that food brought from home provides children with healthy choices.

Strategies:

- Children will have access to water at all time.
- If children are hungry they will be offered their lunch box or given appropriate food for time of day.
- Parents/caregivers/whanau will be advised if their child is not eating well.

Food brought from home

Strategies:

- Lunch boxes should be sealed with the name clearly marked on the top
- Parents/caregivers/whanau should place lunch boxes in the refrigerator provided.
- Food will be reheated but not cooked e.g. 2 minute noodles, cup of soup, porridge.
- Lunches should contain something from each food group:

Bread and cereals	e.g. bread, rice, pasta
Fruit and vegetables	chopped veges and fruit
Milk and milk products	yoghurt, cheese, milk
Meat and meat alternatives	chicken, egg, beans, etc.

- On occasion celebratory food i.e. birthday cake or similar, popcorn, fruit, can be brought into the Centre by parents/caregivers/whanau or staff for morning or afternoon kai. Please consider healthy options, e.g. popcorn, vege sticks, hummus, etc. ***Please do not include any nuts, or any of the food items not permitted in the Centre.*** Staff will ensure that those children with allergies will be given an alternative. Sandwiches will still be offered. Please refer to the Head Teacher for any further guidance.
- Children **will not** bring the following items:

chewing gum	chips/muncho's/vege chips, etc.
whole nuts	lollies
chocolate	soft drinks/juice
dried fruit straps/strings	cream cakes or cream buns
drink bottles	

peanuts and extract products, i.e.: nuts and peanut butter and Nutella sandwiches are banned from the centre due to the high risk of allergies to children.

FOOD & NUTRITION WHERE FOOD IS BROUGHT FROM HOME POLICY

DATE ADOPTED: July 2017

DATE FOR REVIEW: July 2018

At times other foods may be requested not to be brought into the Centre on days that a child with allergies may be present.

Rationale: To provide a safe eating environment that encourages family and multicultural values.

Strategies:

Safety

- adults and children will wash their hands before handling food
- staff members will sit with the children when they are eating
- if food is to be re-heated it will be heated until piping hot and then served at a safe temperature
- if using a microwave to reheat food, proper handling techniques will be used, food will be stirred during re-heating, food will be allowed to stand before serving.
- children under six months will be held while being fed and only be fed expressed breast milk or infant formula and food provided by parents/caregivers/whanau.
- children will not have access to any fluid while in bed (or any other sleeping or resting place)
- if staff eat with the children they will bring food that is in line with the policy
- food will not be used as a form of punishment either by its provision or denial
- recipes and food awareness activities will be chosen from a wide variety of cultures.

Licensing Criteria HS 19

Implemented: September 2003

Review Due: July 2018

Reviewed: May 2004
 July 2006
 July 2007.
 July 2008.
 August 2008.
 July 2009.
 July 2010.
 July 2011.
 July 2012.
 July 2013.
 July 2014.
 July 2015.
 February 2016.
 July 2017.