



AORAKI COMMUNITY EDUCATION TRUST BOARD

POLICY/PROCEDURE: KAI AND PHYSICAL ACTIVITY

Rationale: To ensure Tamariki are provided with a healthy food options and an active physical environment to promote health and wellbeing.

Procedure: Food and Nutrition for providing children with Kai

Promoting a healthy environment.

- Children and staff will wash their hands before handling food.
- Children will remain seated while eating a staff member will be seated at the table during meals times.
- Food will not be used as a form of punishment either by its provision or denial.
- Children will have access to filtered water at all times and older children will be able to access this independently.
- If children become hungry between meals they will be offered their lunchboxes.
- Parents/Caregivers/whanau will be kept informed of their child's eating habits.
- Infants under the age of six months and other children unable to drink independently will be held in an upright position when there are being fed. (HS23)
- If food is to be heated it will be reheated until piping hot in the microwave then served at a safe temperature.
- Kai needing to be kept cold can be stored in one of two fridges on the premises.
- Children will not have any access to food or drink while in bed.
- Staff will not take food or drink into the sleep room.
- If staff eat with the children they will follow the lunchbox guidelines.
- Activities that promote a healthy lifestyle will be a part of the curriculum – recipes will be healthy and chosen from a wide variety of cultures.
- Allergies, food intolerances and special dietary requirements will be a shared responsibility of the child's family and the centre. If a child allergy is life threatening, a management plan will be put in place to ensure the child's safety and wellbeing and staff are aware of the procedure.
- Professional development and healthy lifestyle information will be made available to Kaiako and parents/whanau/caregivers.
- At North Haven we support breastfeeding mothers with an open door policy, and a quiet space to feed your child.

Licensing Criteria: HS 19

Lunch Box Guidelines

- Lunch boxes should be sealed and clearly named.
- Koru Room – Parents/Caregivers/Whanau should place lunch boxes in the refrigerator provided.
- Fern Room – Parents/Caregivers/whanau should place lunch boxes on the shelving unit and named items to be refrigerated in the container provided. These will be stored in the fridge until lunch time.
- Food can be reheated but not cooked at North Haven.
- We ask that parents/caregivers/whanau provide healthy options for their child's lunches and should contain something from each food group.
 - Breads and Cereals – Fruit and Vegetables – Milk and Milk Products – Meat or Meat alternatives
- Parents/Caregivers and Whanau will not provide any of the following – staff will remove from lunchboxes and children will be given a sandwich if required.
 - Chewing gum – nuts or food containing nuts – chocolate – chips in any form – lollies – soft drinks or juice –fruit strings – drink bottles – Nutella – potato sticks – Vegie Crips – Cream buns or Donuts – Two minute noodles.
- North Haven Childcare Centre reserves the right to amend this list if a child attends with a severe allergy.

Children at North Haven are provided with healthy morning and afternoon kai options.

Examples of the North Haven Healthy morning and Afternoon kai options include:

- Sliced fruit and vegetables Popcorn
- Plain Biscuits
- Sandwiches
- Cheese Crackers
- Muffins
- Scones

Celebrations

On occasion celebratory food i.e birthday cake or similar, popcorn can be brought in to the Centre by parents/caregivers/whanau or staff for morning and afternoon kai. We ask that you consider healthy options and do not include any nuts or other food 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

Records

A record of all food provided and served by the centre will be documented, recording the date, and description of the food provided. This will be kept in the kitchen and records kept for a minimum of 3 months to provide information in the event of any allergic reaction that children may develop. (46.1a)

Physical Activity

At North Haven we encourage children, staff and whanau to live an active lifestyle. We recognise that physical movement and education is an important part of children's learning and development.

- Staff encourage daily movement through games, experiences, music, and daily set ups.
- Children are encouraged to take risks and challenge themselves in a safe environment.
- Staff are encouraged to participate in daily activities with children.
- Staff provide daily activities with varying physical challenges that are appropriate for all children to achieve.
- Children will have access to physical equipment such as balls, climbing equipment, space to run and jump.
- Group experiences will involve movement such as musical activities that encourage movement through space to express emotion and the use of creative cognitive skills
- Staff ensure that all physical play equipment is maintained and in a safe condition and set up to comply with all safety standards.

(This Policy replaces the "Food & Nutrition From Home Policy" and the "Food & Nutrition for Serving Snacks" Policy)

Implemented: March 2019

Review Due: 2022