

FOOD AND DRINK POLICY

Sept 2012

Rationale:

Food and drink available during sessions is to meet the nutritional needs of children and adults. Food and drink are often the focus for centre cultures and so its provision is important: it should be inclusive, nutritious, reliable, enjoyable and done in a way that indicates a positive attitude about food to children.

1. This policy is to meet the Education (Early Childhood Services) Regulations 2008 [Regulation 46, Criteria HS19- 23]

Procedures:

1. Families enrolling will be informed of any agreed centre guidelines about providing food which is nutritious and appropriate for the child and the type of session.
2. Centres will develop practices regarding food and hygiene taking into consideration the advice in *Whānau Tupu Ngātahi* p 37-38 and will reflect a welcoming bi-cultural environment. They should also consider how they are inclusive of all cultures within the centre.
3. A list of children with food allergies will be displayed in a prominent place in the centre. (*See Adult and Child Health policy for more detail on recording allergies*)
Centres are required to develop practices and/or policies that support any families with allergies within their centre.
4. Children will be discouraged from sharing of spoons, cups, drink bottles or other utensils, and sharing the food in their lunchboxes with others. Children's lunchboxes and drink bottles shall be named to support this.
5. Where food is provided by the parents/caregivers, centres will encourage and promote healthy eating guidelines.
6. Children and adults must wash and dry their hands before and after preparing or eating food.
7. At all times an ample supply of potable drinking water will be available to the children.
8. Children will be supervised while eating. Self-help skills will be encouraged.
9. Infant milk food/breast milk will be provided by the parent/caregiver. No child will be given access to fluid in bed. Infants under the age of 6 months, and other children unable to drink independently, are held semi-upright when being fed.
10. All reasonable safety precautions should be taken when hot drinks are being consumed on sessions. Hot drinks should be supervised at all times when out in the general play areas."
11. A record of all food served during the service's hours of operation (other than that provided by parents for their own children). Records show the type of food provided, and are available for inspection for **3 months** after the food is served.
12. Food handling - processing, storage, preparation and distribution, including food prepared by children on session, will be managed hygienically. This includes cleaning with designated cleaning equipment and disinfectant (*see cleaning schedule for more detail*); discouraging sitting on any food eating or preparation surfaces and keeping refrigerator temperature between 2oC and 4oC.

Relevant Regulations and References:

Education(early Childhood Services) Regulations 2008, Licensing Criteria for Early Childhood Education and Care Centres 2008, Health and Safety Guidelines for Early Childhood Centres, Adult and Child Health Policy (NSPA August 2010), Licensing and Supervision Requirements (NSPA October 2005), Assessment Information for Early Childhood Centres published by Public Health Protection, Centre Health and Safety Manual – Property & Equipment: Cleaning: Food Hygiene, *Whānau Tupu Ngātahi Families Growing Together: Report on Cultural Issues NZ Playcentre Federation 1990*, See also - <http://www.heartfoundation.org.nz/programmes-resources/schools-and-eces/healthy-heart-award>