



POLICY : **Food & Drink**

Regulations;, HS19, HS20, HS21 HS22, HS23, PF12, PF15, PF16, PF17

Reg 46, 47

Ministry of Health – Reducing Food-related choking Pamphlet & Handout of guidelines

Rationale & Objectives:

At Lumsden Kindergarten we ensure that children receive nutritional food at an appropriate time to meet their health needs and in a safe manner. We are also committed to ensuring a high level of hygiene is maintained while preparing, serving and storing food. We keep records of the food served. Where food is provided by parents, the service encourages and promotes healthy and safe eating guidelines.

To make lunchtime happy, healthy and hygienic.

Procedures:

- We will provide healthy food and drink for children's morning tea at Big Lumsden and for the RTR room. Nursery children will bring their own healthy & nutritional meals.
- All eating times will be supervised.
- Records of food given to children are recorded on the food sheet, which is kept in the kitchens at both centres.
- Children bring their own lunch in a named container.
- Foods deemed as a high risk for choking will either be; peeled; grated; chopped into smaller pieces; and for Nursery children, placed in a silicone feeder.
- Here is the link Families can access for the Ministry's guidelines on reducing food-related incidences at ECE centres <https://www.health.govt.nz/system/files/documents/publications/reducing-food-related-choking-babies-young-children-early-learning-services-dec20.pdf>
- As a team, kaiako complete a course covering the basic First Aid needs for Infant, Child and Young Children twice a year and we always have teachers on site with a ratio of 1 team member to 25 children who have a full First Aid Certificate.
- Cultural awareness may include trying foods from other cultures occasionally. For birthdays or other celebrations, we ask that no food is brought in to share.
- Children may also eat food made in a baking experience or process cooking as part of the curriculum. The ingredients and cooking process will be shared verbally with whanau and a notice will be put beside the sign in sheets.

- Our centre will ensure that all children will have access to drinking water;
 - Children at both centres are encouraged to bring their own named drink bottle full of water each day
 - At Big Lumsden glasses and a jug of water are accessible by children on the pink trolley
 - At Little Lumsden children will be offered water at all kai times and regularly throughout the day
 - Children at both centres will be encouraged to have regular drinks of water
 - During the summer months this will be encouraged more frequently
- We will ensure that all kaiako and children use good food hygiene practices, such as handwashing before eating.
- Kaiako will ensure that all children are supervised during every meal and provide positive role-modelling to encourage healthy eating habits.
- Our centre will promote children's growing understanding about the connections between healthy food and having a healthy body.
- Our centre will make nutritional information available to families.
- We will ensure that a list of all allergies for all children is always available. Action plans of individual children's allergies will be displayed in the kitchens and offices at both centres.
- Under two-year-olds, infants under the age of six months and other children unable to drink independently are held semi-upright when being fed. Any infant milk food given to a child under the age of twelve months is of a type approved by the child's parent.
- There will be a designated place set aside for the children to sit and eat ([PF15](#)).
- Milk supplied by the Parent/Guardian or the centre will be checked for the expiry date and will not be used after the stated expiry date found on the outside packaging. Formula expires after 4 weeks of the formula tin being opened.
- We will add a date to formula tins if they are opened at Lumsden Kindergarten.
- Parents will be advised when their child is and isn't eating well.
- Food is never to be used as a form of punishment or bribery, either by its provision or denial.
- Multicultural differences will be recognised and accepted.
- Adults to set a good example for good eating behaviour.
- Let the children feed themselves.
- We will provide a copy of the MOH food safety regulations and our Food and safety policy at the time of enrolment.

Hygiene

- Wipe table before and after meals.
- Make sure kitchen area is clean and free of clutter.
- Resource support person to clean microwaves, dishwashers and clear out fridges weekly.

- Food is to be kept covered.
- Discard out-of-date items.
- Ensure that the refrigerator is not overcrowded to leave room for good air circulation.
- Rubbish bins must have tight-fitting lids and are to be emptied every day.
- Dishes are to be put into and washed in the dishwasher.
- A record of all food served during the centre's hours of operation (other than that provided by parents for their own children) must show the type of food provided and be available for inspection three months after the food is served.
- When lunch mats are used, they will always be presented the right way up and will be washed weekly. Children sit on the outside of the lunch mats with lunch boxes on mats and are discouraged from walking on the mats.

Implementation:

Lumsden Kindergarten considers the full nutritional needs of children and tailors this for children under the age of two. We also ask parents to declare any known allergies on their enrolment form. We adhere to the licensing criteria requirements.

Philosophy: *'Trusting relationships'*

Policy Developed: June 2017

Reviewed: June 2018, April 2019, July 2019, August 2020, February 2021, Sept 2021, Dec 2022