



## **FOOD AND NUTRITION POLICY**

### **RATIONALE**

At Butterfly Preschool we believe good nutrition is paramount for successful learning and development in children.

### **TE WHARIKI**

Well-being – Goal 1: All children experience an environment where health is promoted.

### **PROCEDURES**

At Butterfly Preschool we will endeavour to educate children on healthy food and offer information for parents about healthy food choices for their children.

All children who attend Butterfly Preschool will bring their own packed lunch, containing morning tea, lunch and afternoon tea. Their lunch will be placed on the lunch box shelf. Any kai that is required to be refrigerated will be placed into a basket and put into the fridge. It is the parent's responsibility to name the food item and put it into the basket for the fridge. A pen will be available for parents to use. The kai will be put into the fridge at 9:30 am each morning.

Parents are encouraged to provide healthy lunches. Lollies, chocolates, fizzy drinks etc are not permitted at the Preschool.

Children are encouraged to bring their own water bottle daily, filtered water is always available at the water station with clean individual cups which are collected, cleaned and replaced at each meal time. The domestic teacher is responsible for ensuring the water station and children's drink bottles have adequate water.

All children will wash their hands before eating or preparing food.

Treat foods may be supplied by parents on special occasions, such as birthdays or celebrations.

Staff will role model healthy eating.

Children will be actively supervised during mealtimes to ensure safe eating. Refer to supervision while eating policy.

Butterfly Preschool is a NUT and EGG FREE centre.

Teachers will always wash their hands before cooking or serving food.

Foods such as carrots, grapes, bananas need to be provided by parents in a manner that their child can safely eat.

## FOOD AND NUTRITION POLICY CONT.

Any kai provided by Butterfly e.g. baking will be documented on the food consumed form

Children with known allergies are supervised when selecting from any shared food

No apple is allowed in under 2 lunch boxes unless it is stewed, carrots are to be precooked

We have set meal times, however we will make allowances for children who are demonstrating that they are hungry or as required for medical reasons and need a specialised diet and eating time

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