

## NUTRITION

### **Rationale:**

Treetops Early Learning Centre is committed to promoting children's health and wellbeing. The early years are vital in laying down foundations of food habits that are likely to be life-long.

### **Goals:**

- To help our children develop healthy eating habits.
- To educate children and their families in nutritious food choices.
- To promote the cultural values of food.
- To educate children about the connection between healthy food and having a healthy body.

### **Procedure:**

1. Nutrition education will be integrated into the curriculum.
2. Staff will role model healthy eating inside the classrooms.
3. The weekly menu will be displayed, in the centre and on Educa for parent/whanau viewing.
4. The centre cook will sign his/her name at each meal preparation. If there is a change to the menu then this must be recorded on a daily basis. Menus will be kept for 3 months.
5. Centre cooks will have an accredited basic food hygiene or food safety certificate which will be renewed every two years. This ensures that the cook remains current on all new legislation.
6. Safe hygiene practices are followed when preparing, serving and eating food.
7. Meal times are social occasions where manners are encouraged and self-serve skills are promoted where children can choose their own amount of food.
8. Children must be seated and are constantly supervised while eating.
9. Funds are available for resources to support nutrition education.
10. Nutrition related professional development for staff is provided.
11. An ample supply of water that is fit to drink is available to children at all times, and older children are able to access this water independently.
12. Healthy eating resources, including recipes are made available for parents and staff.
13. Each centre will follow the Treetops menus which have been developed with the support of the Heart Foundation.
14. Any food deemed high risk by MOH for children will not be served. All food will be prepared to minimise any choking hazards, as per the **Food preparation Serving and Storage Policy**.
15. No nuts will be served at the centre due to the risk of allergies.