



Date-10.07.15

Healthy foods/nutrition and safe food handling policy

Aim:

At the Aroha Early Learning Centre we intend to enhance child health and wellbeing with education in healthy eating, lifestyle and ways to protect when handling foods.

Rationale:

Children need to experience a balanced food range which includes foods that promote healthy growth; supplying a balance of nutrients: protein, fat, carbohydrates, minerals & vitamins. The families/ngā whānau are an integral part of this healthy focus so will learn with and along-side the teaching staff/ngā kaiako, and the children/ngā tamariki-refer to the Centre Vision Statement.

Food poisoning is serious and can cause extreme discomfort. No adult/child within the Centre environment is to be put at unnecessary risk.

Policy statement:

The health and safety of each: child, adult and family, is a priority within the environment of the Aroha Early Learning Centre- Te Whāriki, (*the early childhood curriculum*), the 2008 Licensing Criteria and the Early Childhood Regulations, regulate safe healthy practices.

Procedures (healthy life style):

At the Aroha Early Learning Centre teaching staff encourage families/guardians/whānau to provide:

Selections from the 4 major food groups; this is displayed for viewing and discussion.

The Centre has a rolling morning/afternoon tea to meet children's different eating requirements/habits/needs. Towards the end of morning/afternoon tea, remind children of kai closing, empowering them to decide on more or not.

There are two set lunchtimes- a junior and senior.

The end of the day can be a time when children need further sustenance because of their developmental stage. Teaching staff will negotiate with families on an appropriate response, according to individual needs of child and family.

We discourage all confectionary; also nuts, because of potential allergies.

We, at Aroha Early Learning Centre, involve families/whānau in healthy eating by: providing reading resources, sharing information from government agencies (local and national) in the promoting of healthy life styles.

Health & safety procedures relating to food minimize risks to the health & well being of staff & children; procedures are as follows:

- Before food preparation: wash hands with soap; thoroughly between fingers, front & back of hands up to the wrists; or alternative would be the use of wipes, with adults using sanitizer. Thorough drying follows, ensuring children's and adult's hands are clean and dry before eating of food.

- During handling/food preparation: food to be prepared on hygienic surfaces, using ENJO cloths and/or washed in the dishwasher; utensils to have been washed in the dishwasher: select an unused utensil when beginning another food preparation. Gloves/or thoroughly washed and dried hands.
- After food eating is complete: **cover**, refrigerate (at least 4C or less), and date food to be saved, this to be eaten within a safe refrigeration period, usual time to be within 24 hours. All tinned foods (if left over) put into a container & refrigerated. Discard past 48hours.
- Be aware of health issues when preparing food (i.e. when with cold ask another to prepare the food, allergies (recorded), illnesses in community).
- Foods to be kept separate by wrapping and/or separate container,
- The food that children have for lunch/morning-afternoon teas are kept covered in lunch boxes, food prepared by children and teaching staff at the centre are covered when not in use and recorded in notebook for record keeping,
- Food supplied by an alternative source, other than the family/whānau, to be recorded in notebook provided by kai area,
- The eating areas to be wiped clean with ENJO cloths throughout each day; and by cleaning staff at day's end,
- Bins for food scraps are provided, food scraps may be saved for compost/or animal food when possible; wrappers returned to lunchboxes.
- The dish washer/fridge to be cleaned weekly; the chopping boards daily. The chairs are wiped before each seating, & scrubbed end of each week.
- Cloths used for various tasks are separate- refer to Cultural Sensitivity policy.

Practices:

- **Ask children when hand washing is required: “can I smell the bubbles on your hands & see your hands are dry?”**
- **Empowerment- children/tamariki to take responsibility for putting own lunchboxes away, opening own food items, pouring water (supported when needed).**

Monitoring- bi-monthly

Consultation:

- *Who? Families/whānau, ngā tamariki, Health service, Ministry of Education, Southland District Health board.*
- *How? Written, mailings, discussion & communication.*
- *When? 2015 (to reflect on establishing of healthy habits)*
- *Links with budget: hand wash soap, fresh towel (valet service), cost of cleaning staff, wipes & sanitizer.*

Next review date- 2017

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Management Plan

Policy under review: Food handling & Healthy Foods

In order to meet Ministry Licensing 2008, Te Whāriki (*the early childhood curriculum*), and the Early Childhood Regulations 2008 regulating safe healthy practices we have these policies, practices and objectives in place.

Policies

- *Infectious diseases,*
- *Cultural sensitivity*

Practices

- *Washing hands before & after food,*
- *Hand washing when toileting,*
- *Covering of food,*
- *Refrigeration of food*
- *Individual food boxes for children*
- *Separate eating areas*

Objectives

- *Healthy children,*
- *Healthy teaching staff,*
- *Parent/whānau involvement/participation and education,*
- *Minimising of germ contact,*
- *Clean & hygienic surfaces maintained,*
- *Children learning skills, to keep healthy,*
- *Children taking responsibility for own health practices,*
- *Children making wise choices.*

Our management plan for 2015 involves us in meeting the following specific objectives: The Centre practices:

1. *Listen & respond to children when telling of thirst/hunger,*
2. *Listen to parents/guardians in response to end of day home meal requirements,*
3. *Be prepared to change routines in response to family/child needs.*

This will be done by Management and staff.

Management will be responsible for

- *Recording changes agreed to at July staff meeting,*
- *Ensuring relevant information is shared with families/whānau.*

Staff will be responsible for

- *Reading, reflecting & following policy written practices,*
- *Listening to family/whānau wishes, and to the children in their decision making/choices.*

This will be done by

- *August 2015.*

This management plan and the above listed policies will be reviewed

- 04.07.17

Consultation: With? Who? How? When? Comply with licensing & regulation requirements-

Consultation:

- Who? *families/whānau, ngā tamariki, Health service Centre staff.*
- How? *Written & discussion*
- When? August 2015

The monitoring process:

- *Ongoing.*