



## Food & Nutrition Policy



### Rationale

To ensure that the nutritional needs of all children attending Hopscotch are met.

### Objectives

Food will be served at appropriate times to meet the nutritional needs of each child while they attend. Food provided by Hopscotch will be served in sufficient variety, quantity and quality to meet these needs.

### Te Whāriki

#### Well-being

Children experience an environment where their health is promoted.

### Procedures

1. Parents/caregivers will be asked to identify any medical condition or allergies on their enrolment form.
2. Allergies, food intolerances and special dietary requirements will be a shared responsibility of the child's family and Hopscotch. Emergency Plans will be in place for life threatening allergies to ensure that all staff know the emergency protocols. All families will be notified where there is an allergy that involves exclusion of food products at Hopscotch.
3. Hopscotch supports this policy by:
  - a) Educating the children at mat-times as to what constitutes healthy foods.
  - b) Encouraging children to choose healthy eating options first.
  - c) Encouraging children to drink water throughout the day.
  - d) Providing healthy eating options at morning and afternoon tea.
  - e) Providing facilities for food to be heated/prepared at lunchtime.
  - f) Role modelling healthy eating when eating with the children.
4. Parents and caregivers can support Hopscotch by offering healthy foods at home:
  - a) Keep a variety of fresh fruit and vegetables and offer them as snacks.
  - b) Only offer water as a drink.
  - c) Provide healthy foods in their lunchboxes, limiting pre-packaged food.
5. Suggested food for lunchboxes:
  - a) Fresh or dried fruit;
  - b) Vegetable sticks i.e. carrots, celery, cucumber;
  - c) Sandwiches or wraps;
  - d) Crackers;
  - e) Cereal;

- f) Pasta or Rice;
  - g) Meat or fish i.e. cooked sausages, salami, ham, chicken, tuna;
  - h) Water to drink
6. Treat foods that we discourage:
    - a) Sweet or chocolate biscuits;
    - b) Chips;
    - c) Wrapped fruit or muesli bars
  7. We do not permit:
    - a) Lollies or chewing gum;
    - b) Roll-Ups, strings or fruit nuggets;
    - c) Fizzy drinks, juice or sports drinks.
  8. All lunchboxes will be kept in the fridge.
  9. A healthy snack will be provided for morning and afternoon teas and late snack at around 4.30pm. Alternatively children can eat out of their lunchboxes at afternoon tea and late snack.
  10. Once a week (on a different day each week), the children will make their own lunch. The lunchboxes, and healthy options will be supplied by Hopscotch.
  11. All staff and children will wash their hands before eating or preparing food.
  12. All meals will be eaten at a clean table or, on occasion, outside for picnics.
  13. Children will be supervised and seated whilst eating. Self help skills will be encouraged.
  14. If food is refused, encouragement is offered. If food is still refused it is offered later when the child may then be hungry. Children are empowered by having control over their food intake. The Supervisor or Second in Charge will regularly discuss concerns regarding meals with parents or caregivers.
  15. Cutlery and dishes will be washed in a dishwasher.
  16. A record will be kept of every meal served to children, showing the type of food provided. This record will be kept and available for inspection for a period of 3 months after the meal has been served.
  17. Hopscotch complies with food safety laws to ensure the food is safe and suitable to eat according to the Food Act 2014.

Date Approved: \_\_\_\_\_

Review Date: \_\_\_\_\_

Office Manager to sign: \_\_\_\_\_