

# Queenstown Nursery

## Food & Nutrition Policy

### **Rationale:**

The teachers at the Queenstown Preschool & Nursery promote good nutrition and healthy eating habits. We do this by facilitating a curriculum that highlights the value of eating healthy food in order to promote the healthy growth and nutrition of our children.

Information on healthy eating and children's nutritional requirements is available in the foyer, including books and videos.

### **Purpose:**

- To optimise the health and growth of the children through encouragement of nutritious lunchbox contents from home.
- To encourage the children to make the connection between eating healthy food and having a healthy body.
- To support the parents of children to provide healthy food in the lunch boxes.
- To help young people to appreciate the cultural and family values of food.

### **Daily Food:**

- Parents are responsible for and provide children's food for the day. This needs to include morning tea, lunch and afternoon tea. It may also include an evening snack as well, and other snacks as extras.
- Teachers keep in close contact with parents over children's eating requirements and habits.
- Children have access to water at all times and food when required. Preferably only water in bottles and we do refill these throughout the day.
- Structured eating times are built into the routines generally two-hourly.
- Teachers supervise all eating times.
- Children are expected to sit down when eating.
- Parents must keep staff informed of any allergies their children may have to foods. This must be supplied in writing to the office. A food allergy list is kept in the kitchen areas for daily information. Teachers carefully observe any other food requirements children may have. Sometimes staff may do baking with the children as part of a teaching programme. In this case, only recipes that are safe for all children present will be used. (All baking undertaken by staff with children will be recorded in the classroom diary).
- It is realized that it is not possible to eliminate all food products such as milk products in breads or margarines from the foods bought into the Centre.
- Measures will be taken to remove highly allergenic foods where transfer from one child to another is likely (such as peanut products). Parents of all children will be asked not to send food containing highly allergenic foods such as nut products to the Centre at which there is a child at risk of anaphylaxis to these foods.

- In some circumstances it may be appropriate that a highly allergic child does not sit at tables where the food to which they are allergic is being served.
- There will be no trading and sharing of food and drink containers, which must be clearly labelled with the name of the child for whom they are intended.

### **Celebrations:**

- The teachers at the Centre encourage children to celebrate special occasions in their cultures with appropriate foods and drinks to share. Such occasions include for example Easter, Birthdays and Christmas.
- With all food bought into the Centre for special occasions parents need to supply a list of ingredients which will be recorded in the kitchen notebook.
- Children with allergies will be given party food supplied by their parents).
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- The risk of a life threatening anaphylaxis from casual skin contact, even with highly allergenic foods such as peanuts, appears very low. On occasions casual skin contact will provoke urticarial reactions (hives). Simple hygiene measures such as hand washing and bench top washing are considered appropriate.
- Food removal (food banning) from preschool should only occur following recommendation by a relevant medical specialist and the provision of documentation of this recommendation.

### **Food Hygiene:**

- Teachers and children must wash their hands before handling food.
- All food is stored in airtight containers, and perishable food is stored in the fridge.
- All kitchen surfaces must be kept meticulously clean.
- Kitchen cloths are changed daily.
- Food preparation personnel will be instructed about measures necessary to prevent cross contamination during the handling, preparation and serving of food. (Careful cleaning of food preparation areas after use, the cleaning of utensils when preparing allergenic foods. All utensils and food chopping/preparation boards will be washed and then put through the commercial dishwasher after each use).
- Tea towels and dishcloths are washed separately.
- Cloths for use on the floor are pink, or paper towels are used.
- Children are encouraged not to share food to minimise the spread of germs.
- All eating and drinking utensils and drink bottles are thoroughly washed and then put in the steriliser/dishwasher.

# Food Routines Nursery

- Morning Tea at 9.45am
- Lunch at 11.45 pm
- Afternoon tea at 2.45pm

Parents are to supply all food for these meals. For morning & afternoon teas and lunch a staff member will take food from the lunch box and put it on a named plate for the child.

When necessary food will be heated in the microwave oven, with care being taken that the food is not too hot before being given to the child.

We try to make meal times a social time so that those who have finished eating are encouraged to talk to staff while waiting.

It is essential that children only consume food provided by their parents or caregiver. Staff are to ensure no child shares food or drinks with another child.

If a child is eating they must be sitting at a table or high chair on the vinyl area.

All the children will wash their hands at all times before eating, supervised by a staff member. Younger children will have their hands wiped before eating.

Staff will wear gloves at all times whilst preparing food.

Staff will assist the younger children, and feed the babies.

All children sitting in a high chair will be strapped in and supervised at all times.

All the children will be given a drink of water with their meal, or a juice that has been provided by the parent/caregiver.

A feeder/bib, provided by the centre, will be put on the children to protect their clothing. Children's lunch boxes will be stored on the bench in the kitchen. In the summer months staff shall ensure that lunch boxes and babies bottles are kept away from sunlight and those yoghurts, drinks, and other heat affected foods are named and stored in the refrigerator. At the conclusion of meal times all the tables will be cleared. Any food not touched will be put back into the child's lunch box. Food that has been heated and not touched will be disposed of. All plates, cups and utensils used by children and staff will be washed and then sterilized in the commercial dishwasher installed in the kitchen.

Scraps will be put into the covered bin in the kitchen; the bin will be emptied at the end of the lunch break.

All tables and high chair trays will be wiped down with disinfectant/cleaner.

All chairs will be wiped down when necessary.

The chairs will be stacked to one side of the room, and the floor will be swept. The floor will then be washed with an appropriate product supplied by the centre.

The staff member on Kitchen duties will clean the kitchen benches and microwaves. Tables will be set up again. After lunch, if necessary, the rubbish bins in the kitchen will be taken out and a new bin liner put in.

If a child doesn't like something that has been sent in their lunch box, a note will be sent home informing the parents.

Information on food ideas for young children is available on the displays in the foyer.

Reviewed February 2008

Reviewed November 2009

Reviewed: October 2010

Reviewed: October 2011

Next Review: October 2012

## KIWI ROOM

Morning Tea at 9.45am

Lunch at 11.45 am

Rolling Afternoon Tea starting at 3.00-3.30pm

## MOA ROOM

Rolling morning Tea starting at 9.15-10.30am

Lunch at 12.00pm

Rolling Afternoon Tea starting at 3.00-4.30pm

### Kitchen Preparation

- Parents are to supply all food for these meals.
- As we have children enrolled at the Centre that have life threatening allergic reactions to nuts we have requested that parents DO NOT send food containing these ingredients. If food is found with nut ingredients, it will not be given to the child and a reminder sent home to the parents.
- The kitchen staff member is responsible for all food preparation. Children with food allergies will have their food prepared first.
- All staff will wear gloves whilst preparing food.
- At morning tea children will be encouraged to choose from their lunchbox a piece of fruit, yoghurt or sandwich to eat first along with another snack to follow.
- The same routine will apply at lunchtime, and when necessary hot food will be prepared.
- Children's lunch boxes will be stored on the bench in the kitchen. In the summer month's staff will ensure lunch boxes are kept away from direct sunlight.
- If a child does not like something that has been sent in their lunch box, a note will be sent home informing the parents.

### Kiwi Room Meal Time Routine

- All children will wash their hands prior to eating, supervised by a staff member.
- Karakia will be said before lunch when all children are seated.
- A staff member will supervise each table. This staff member will ensure that all children are seated at the table when eating, encouraging positive interactions and eating habits, that no child is sharing food or drink, and will assist younger children to eat when necessary.
- Children drink from named drink bottles/cups with water, or a cup of water with their meal.
- On Fridays children can order Fish n Chips for \$3.50. This meal includes chips, half a sausage, chicken nugget, tomato sauce and a piece of bread.

### Moa Room Meal Time Routine

- All children will wash their hands prior to eating.
- Moa room children eat in a "rolling" Morning and Afternoon Tea environment. Lunchtime is a set eating time together. This involves making their own choices from their lunch box.
- The mobile person in the Moa room is responsible for checking lunch boxes before the children eat. This involves taking yoghurts out to be refrigerated, and food that needs to be heated in the microwave in the Moa room. This also ensures a healthy food choice is made by the children and there are no products containing nuts or eggs. If nut products are found, these will be removed and a reminder note sent home to the parents. If whole eggs or egg sandwiches are found, these will be removed and a reminder note sent home to the parents.
- Children drink from named drink bottles with water, or a cup of water with their meal.
- A staff member will supervise the eating area. This staff member will ensure all children are seated at the table when eating, encourage positive interactions and eating habits, and that no child is sharing food or drink.

- On Fridays children can order Fish n Chips as above.

### Clean Up Routine

- At the end of mealtime, all scraps will be put in the covered bin in the kitchen.
- All dirty dishes, cups and utensils will be washed and sterilized in the commercial sterilizer.
- The Kitchen staff member will clean the kitchen benches, microwave, mop the kitchen floor, empty the rubbish bins and replace the bin liner at the end of lunch break.
- All chairs will be wiped when necessary, and stacked to one side of the room.
- All tables will be wiped down with disinfectant/cleaner.
- The floor will be swept and mopped with disinfectant/cleaner. Tables and chairs will be set out again.
- At the end of the day the kitchen will be tidied up, dishwasher drained and the filter cleaned as necessary.

Reviewed September 2000.

To be reviewed Feb 27. 2001

Reviewed May 2002

Reviewed January 2003

Reviewed October 2005

Reviewed February 2008

Next review: February 2009

### Procedures to follow as result of a child being given food containing ingredients they are allergic to.

1. Staff to follow Allergy list (displayed on the fridge) at all times.
2. The allergy list will be updated when a parent puts the changes to their child's diet in writing.
3. The child with the allergy must always be supervised during food times.
4. If there has been an incident, as well as telling the parents, staff must also give the parents written feedback, and copy to management.
5. Management must always be informed of any incident.
6. Parents must update the Centre in writing if there is a change with their child's allergy.
7. Parents to be reminded that when they bring birthday cakes etc to the Centre they need to inform the staff (maybe a short note) if there are nuts or eggs in the cake/muffins etc.
8. Staff to discuss if cooking pikelets is a healthy food option – could they cook something else that would fit in with healthy eating??