



St. Mary's Preschool

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Nutrition Policy

'So whether you eat or drink or whatever you do, do it all for the glory of God'. – 1 Corinthians 10:31

Te Whāriki - Wellbeing. Children become increasingly capable of keeping themselves healthy and caring for themselves; te oranga nui

Rationale/Intent

To create an environment that promotes healthy eating and supports families to make nutritious choices.

Guidelines

- On enrolment parents/whānau are provided with the MOH information "Reducing Food Related Choking for Babies and Young Children at Early Learning Services"
- Nutrition information is available for parents and whānau and where needed teachers will offer individual support.
- Where possible healthy food is used for fundraising and provided at social events
- When baking we will consider the nutritional value and endeavor to make it healthier where possible.
- Celebration and lunch box guidelines are provided on enrolment and regularly promoted in the newsletters with alternative suggestions
- Guidelines on healthy lunchbox foods for children are regularly promoted
- Nutritional activities are planned with the children
- Staff and children use good food hygiene practices such as hand washing before eating, preparing food and after going to the toilet
- Staff will role model healthy eating
- Mothers are made to feel comfortable to breastfeed within the centre
- Funds are available for resources to support nutrition education
- Staff participate in regular professional development with regards to nutrition
- The following foods are to be excluded from preschool due to their nutritional value/choking hazard
 - Lollies, including fruit string and similar items
 - Marshmallows
 - Chocolate
 - All liquids except water and non flavoured milk
 - Popcorn
 - Hard rice crackers
- Foods may be excluded at any point due to children's allergies at the time

Celebration Guidelines

Tamariki birthdays will be celebrated as appropriate with our special songs and the blowing out of candles to make the birthday child feel special. On a child's 5th birthday a cape/korowai and the revisiting of their profile book will be included.

A cake is welcomed but in no way expected.

Whānau will be supported if they wish to provide an alternative to food.

Celebrations will acknowledge and affirm different cultures.

Licensing Criteria for Early Childhood Education & Care Services 2008

HS19

- Food is served at appropriate times to meet the nutritional needs of each child while they are attending.
- Where food is provided by the service, it is of sufficient variety, quantity and quality to meet the nutritional and developmental needs of each child.
- Where food is provided by parents, the service encourages and promotes healthy eating guidelines.

Date Reviewed	July 2021
Board Ratified	August 2021
Next Review	2022