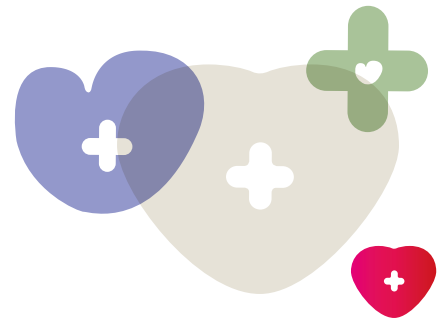


Nutrition policy



Sample A

Rationale:

To promote children's health and wellbeing through sound nutritional practices.

Goals:

- To help our children develop healthy eating habits
- To educate children and their families in nutritious food choices
- To provide an environment that uses family and cultural values to support healthy nutrition practices
- To provide safe, healthy and nutritious meals.

Strategies:

- Posters, bulletin board presentations, stories and activities about children's nutrition are provided
- Weekly nutrition-based activities are included in the curriculum
- Staff role model healthy eating habits and talk about which foods are the most nutritious
- Safe hygiene practices are adhered to when preparing, serving and eating food. Cook has current food safety qualification
- A four-week cycle menu is planned to meet the Ministry of Health Guidelines (Eating for Healthy Babies and Toddlers, Eating for Healthy Children)
- Mealtimes are treated as social occasions where children are encouraged to develop table manners and independent skills in serving food and clearing up after meals and snacks
- Healthy foods are used for celebrations and fundraising
- Parents are supported to breastfeed their children
- Funds are available for resources to support nutrition education
- Nutrition related professional development for staff is provided at least once a year.

SIGNATURE: _____

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REVIEW DATE: _____

Nutrition policy

Sample B

Rationale:

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

Goals:

- To ensure that all children understand the connection between healthy food and having a healthy body
- To educate parents about healthy lunchbox contents through the “Healthy Food List” and Information Folder
- To teach tamariki about the cultural values of food
- To ensure that cooking activities use healthy food from the four food groups.

Strategies:

- Nutrition information is available for parents/whānau in the parent library and through the newsletter
- Healthy food is used for fundraising and provided at social events
- Guidelines on healthy lunchbox food for tamariki are regularly promoted
- Each week, at least one nutrition activity is planned with the children
- Resources are purchased to support nutrition education
- Written guidelines for parents/whānau about the celebration of birthdays are provided
- Staff and children use good food hygiene practices such as hand washing before eating, preparing food and after going to the toilet
- Staff role model healthy eating
- An area is available for breastfeeding mothers to nurse their children
- Staff participate in regular professional development with regard to nutrition.

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DATE: _____

REVIEW DATE: _____

