



Little Feet Childcare Centre Limited

*"we care for your child"*

## **Healthy Eating and Food Safety Policy**

### **Rationale:**

Little Feet Childcare Centre aims to promote healthy eating habits and encourage a nutritional diet regime for all children under our care.

### **Procedure:**

1. Little Feet employs a cook who is responsible for preparing and serving nutritional meals during the day.
2. The cook will adhere to the food handling and preparation policy.
3. The menu is rotated over a two-week period and a copy of the menu is available for parents to view which is displayed on the white board outside the office.
4. The menu will include foods from different cultures.
5. All meals and snacks will include at least 50% of the recommended serves in each food group.
6. Foods high in fat, sodium or sugar content are kept to a minimum including any foods brought from home.
7. Meals provided by the centre is cooked fresh in the premises each day.
8. A record of all meals served in the centre is recorded in the food record book.
9. Activities focusing on food, nutrition, health, and food safety will be incorporated into the centre's daily programme.
10. Staff will encourage children by role modelling healthy eating, when they share meal times together.
11. Little Feet Childcare centre has a healthy lunch box day once a week to create an awareness amongst children and parents on healthy eating.
12. Children are encouraged to bring healthy food and snacks in their lunch boxes each day. Packed lunch boxes are stored on the food trolley in the over two room. Any food which needs refrigeration will be handed to the kitchen staff.
13. All food from home will be heated up before serving.
14. All cultural, religious, and dietary needs are catered for.
15. Children are not allowed to bring chocolates, fizzy drinks and lollies, whole or pieces of nuts, large seeds like pumpkin or sunflower, hard or chewy sweets or lollies, crisps or chips, hard rice crackers, dried fruit, saveloys and "cheerio's", popcorn, and marshmallows in their lunch boxes.

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16. Water is always available to the children. All children are encouraged to bring their own water bottles and are discouraged from sharing cups and bottles with one another.
17. An adult will sit with the children at the meal table during meal times to assist children with dishes and plates and eating as required.
18. **Raw fruits such as apples and pears must be peeled, seeds taken out and thinly sliced before serving to children over 2 years but should only be served to children under 2 years if it peeled and grated, cooked or mashed.**
19. **Infants under the age of 6 months and other children unable to drink independently are held semi up right when being fed. Any infant milk food given to a child under the age of 12 months is of a type approved by the child's parent**
20. All infant formulas are provided by the parents which is freshly prepared by the teachers before been served to the children.
21. **Food celebrations are considered as positive and social event in the centre. Parents can bring fruits or fruit platter so share with other children instead of cakes.**
22. If food is refused by a child, encouragement will be offered. If food is still refused it is either offered later when they are hungry, or an alternative will be offered.
23. Breastfeeding is encouraged and supported in the centre. Mothers are welcomed at any time to breastfeed their child/ren in the centre and expressed milk can be stored safely in the refrigerator or freezer and heated when required.
24. Parents will be consulted regarding food served to infants.
25. Staff will ensure that the handwashing procedure is adhered to before and after every meal.
26. Due to the severity of nut allergies, Little Feet Childcare Centre is a **nut free** centre.
27. An updated allergy list is displayed in the kitchen.
28. The centre will provide an eating environment which promotes family and multicultural values.
29. In respect to Tikanga Maori and the Treaty of Waitangi, all children, staff, and parents/whanau are to sit on chairs at meal tables while eating (sitting on meal tables is prohibited)
30. **No child is left unattended while eating and drinking.**

## **Little Feet Healthy Lunch Guidelines;**

### **What could be a healthy lunch?**

- Sandwiches or rolls with cheese, meat, or other fillings
- Pita bread, crackers
- Fruits (peeled and chopped for small children)
- Raisins
- Vegetables (washed and chopped)
- Pasta

- Salad
- Small plain biscuits (no chocolate)
- Yoghurt (easy to open)
- Boiled eggs

#### **What should not be in a healthy lunch?**

- Crisps
- Chocolate, sweets, lollipops, or jellies
- Chewing gum
- Cake biscuits, pastries, or doughnuts
- Chocolate spread
- Whole or pieces of nuts
- Large seeds like pumpkin or sunflower
- Hard or chewy sweets or lollies
- Crisps or chips
- Hard rice crackers
- Dried fruits
- Saveloys and "cheerio's"
- Popcorn
- Marshmallows.

#### **Food Safety**

1. Handwashing and general hygiene routines are to be observed when adult and children are handling food.
2. Food preparation and food service areas must be hygienically clean (free of pest and rubbish).
3. Raw food and cooked food must be prepared and stored separately.
4. Cook meat fully until its steaming hot and juices run clear. Reheat left overs until steaming hot and reheat only once.
5. When preparing, storing, or reheating infant formula, follow the manufactures instructions.
6. Cover food, wrap, or store in clean, sealed containers.
7. Chill cold foods at or below 4 degrees Celsius in a fridge.
8. All Staff are required to wear gloves when handling and serving food to the children.
9. Cook will not prepare food if they are ill with vomiting and diarrhoea.