

Kai and Nutrition Policy

RATIONALE

We believe in creating a healthy kai culture that promotes wellbeing, supports whānau preferences, and fosters lifelong positive relationships with food. We acknowledge that mealtimes are also important opportunities for social connection and learning.

GOAL

To ensure that all tamariki attending Karori Childcare Centre are provided with nutritious, safe, and enjoyable kai that supports their health, development, and wellbeing, and that meets the requirements of the Food Act 2014 and relevant Ministry of Health (MOH) guidelines.

TE WHĀRIKI LINKS

- **Well-being / Mana Atua** – Tamariki experience an environment where their health is nurtured and promoted.
- **Contribution / Mana Tangata** – Tamariki experience an environment where they are encouraged to learn with and alongside others.
- **Belonging / Mana Whenua** – Tamariki experience an environment where they know that they have a place.

PROCEDURES

The centre provides:

- Morning tea
- Cooked lunch
- Afternoon tea
- Late afternoon snack (as needed, depending on the needs of tamariki)

Additional practices:

- A weekly menu is displayed clearly at the sign-in area.
- Meat and poultry temperatures are recorded daily, with records kept for at least 3 months.
- Clean, safe drinking water is available at all times and accessible to tamariki independently where possible.

Feeding Practices

- Tamariki are seated and supervised by a kaiako while eating or drinking.
- Infants requiring bottle feeding are held semi-upright while being fed.
- Tamariki wash their hands before and after eating, and wipe their faces after meals.
- High-risk choking foods are only served if prepared according to MOH best practice.

Breastfeeding & Infant Feeding

- Karori Childcare Centre supports breastfeeding, with a comfortable nursing chair available on site.
- Expressed breast milk must be named, dated, stored appropriately, and warmed using warm water.
- Infant formula is only given if provided by the whānau in its original packaging, clearly named and dated.
- Cow's milk is provided by the centre; any milk alternatives must be supplied by whānau, clearly named, and stored appropriately.

Allergies, Dietary Needs & Cultural Considerations

- Food allergies, intolerances, and dietary preferences (including vegetarian, cultural, and religious needs) are gathered at enrolment and updated as needed.
- Tamariki with life-threatening allergies will have an individual health management plan in place, including emergency procedures.
- A visual guide with photos and allergy information is displayed in the kitchen and/or eating area.
- While Karori Childcare Centre is not a nut-free zone, nuts or nut products are not used in cooking or baking. This may change depending on the needs of the tamariki in our care.

Mealtime Environment

- Mealtimes are unhurried, social, and enjoyable.
- Karakia is said before lunch with the involvement of tamariki and kaiako.
- Tamariki are encouraged to try a variety of foods and to participate in clearing up.
- If a tamaiti frequently refuses kai, kaiako and whānau will work together to support their nutritional needs.
- Kaiako role-model healthy eating and respectful mealtime behaviour by sharing meals with tamariki when possible.

Celebrations & Whānau Contributions

- Food-related celebrations (e.g., birthdays) are valued as positive social events.
- Whānau may provide a birthday cake or special food, provided it aligns with allergy and nutrition policies.
- For tamariki requiring specific kai not provided by the centre, whānau may be asked to provide or fund these items.

Recordkeeping & Review

- A record of all meals and snacks, including the date and menu, is maintained in the centre's records.
- This policy is reviewed annually, or sooner if required to reflect updated food safety regulations or best practice.

Food Safety & Compliance

Karori Childcare Centre complies with:

- **Licensing Criteria for Early Childhood Education & Care Services 2022**
 - HS19: Food and Nutrition
 - HS20: Food Hygiene
 - HS21: Drinking Water
 - HS22: Supervision While Eating
 - HS23: Bottle Feeding
- Healthy Food and Drink Guidance for Early Learning Services (MOH, 2020)
- Reducing Food-Related Choking in Babies and Young Tamariki (MOH, 2020)
- Food & Beverage Classification System
- Food Act 2014 – National Programme Level 2

All staff involved in food preparation must be familiar with **MPI National Programme 2 requirements** and maintain daily and weekly food safety records.

The centre's cook:

- Prepares kai in accordance with MOH guidance and centre policies.
- Holds a current Food Safety Certificate, renewed every two years.
- If the cook is unavailable, a kaiako will prepare food following food safety procedures with management oversight.