

TE KŌHANGA REO O NGĀ KUAKA KAI ORA POLICY

Rationale: Te Whāriki: Mana Atua: Children will experience an environment in which their health is promoted.

1 Objective: To optimise the health and growth of tamariki through encouragement of nutritious eating practices.

- 1.1 Snacks at kōhanga will be based on breads, cereals, fruits, and vegetables, dairy, crackers.
- 1.2 Water will be available to tamariki at all times.
- 1.3 In consultation with parents, tamariki from 12 months will be offered cup drinks in preference to a bottle.

2 Objective: To provide a safe and healthy eating environment for tamariki

- 2.1 Snacks at kōhanga will be based on breads, cereals, fruits, and vegetables, dairy, crackers.
- 2.2 Tamariki will be seated appropriately for all meals and snacks. Babies will be put into a high chair for feeding of solid food and drinks from cups.
- 2.3 Staff will supervise and sit with tamariki at all meal and snack times.
- 2.4 All benches and tables must be wiped with bleach solution and the correct coloured cloth after meal/snack times.
- 2.5 Table cloths will be used on outside tables.
- 2.6 All cups, utensils, dishes and containers will be washed in the dishwasher.

3 Objective: To ensure that food is prepared, handled, stored and served safely and hygienically.

- 3.1 Snacks at kōhanga will be based on breads, cereals, fruits, and vegetables, dairy, crackers.
- 3.2 Tamariki and staff will wash their hands before handling food or eating.
- 3.3 Staff preparing and serving kai will wear gloves.
- 3.4 Food will be stored at safe temperatures – refrigerated food will be stored at below 4 degrees Celsius. (from Auckland Regional Health Board report 2008)
- 3.5 All dry foods will be stored in airtight containers.
- 3.6 Dairy foods, fruit, vegetables, sugar will be stored in the fridge.
- 3.7 Food to be heated must be named, dated and refrigerated.
- 3.8 Adults and tamariki must be seated while eating.

4 Objective: To encourage best practice feeding practices for babies and children under 1 year old.

- 4.1 All bottle-fed infants will be held while drinking.
- 4.2 Tamariki under 12 months must be given a recognised milk formula.
- 4.3 All bottles will be named and sterilised by parents before leaving at kōhanga
- 4.4 Parents will supply milk formula for bottle-fed tamariki to be made up by permanent staff as required. Milk formula must not be past its 'best by' date.
- 4.5 Bottles will be heated by using hot water and not in the microwave as required
- 4.6 Any unused formula in bottles will be discarded after infant has finished drinking
- 4.7 Kaiako will record daily intake of bottle feeds and kai for infants.

5 Objective: To support breastfeeding mothers to continue breast feeding their children.

5.1 Breastfeeding mothers may use any appropriate area to feed their children or express milk.

6 Objective: To encourage tamariki to make the connection between eating healthy kai and having a healthy body.

STRATEGIES

6.1 Food awareness activities including growing, baking and preparing kai will be included in the curriculum daily.

6.2 Tamariki will have practical experience in food preparation.

6.3 Tamariki will learn all aspects of growing kai and recycling.

7 Objective: To support whānau to provide healthy food choices in lunch boxes.

7.1 Whānau will receive guidance on suitable food to pack for their children.

7.2 At times, whānau may be warned about or asked to exclude certain kinds of foods that other children at the kōhanga have allergies to.

8 Objective: To encourage open communication between whānau and the kōhanga with regards to the dietary needs and eating habits of tamariki.

8.1 Parents will advise staff of any special diet, allergies or significant changes to diet for their child.

8.2 Information regarding children with food allergies must be communicated to all kaimahi.

8.3 Whānau will be advised of their child's eating habits at kōhanga as required.

8.4 Parents are to provide a list of suitable alternatives that are easily accessible for Kohanga to obtain and kaiako to manage. (e.g. No mandarins - Alternative is an apple. No Jam - Alternative is Marmite)

8.5 If parents want substitute food to be included in their tamaiti's diet, this must be provided by the parent (e.g. Soy Milk, Soy yogurt).

9 Objective: To provide an eating environment that supports whānaungatanga, manaakitanga, tikanga Māori.

9.1 Tikanga regarding kai will be upheld – karakia, tapu, noa.

9.2 Whānau are encouraged to provide kai to share with tamariki as an expression of whānaungatanga (such as for special occasions). A full list of ingredients used in the preparation of the kai will be provided so that the kōhanga can ensure that children with allergies are kept safe.

9.3 Ways to Measure Progress:

9.4 Seek whanāu input into Kaiora policy

9.5 Regularly review policy

I whakaae te whānau ki tēnei Kaupapa Here:

13 December 2017

Ka tirohia anō tēnei Kaupapa Here i mua i te:

December 2019

Waitohu (Tiatangata):

Guidelines

A healthy lunch consists of at least one item from each of the following four food groups:

- fruit and/or vegetables
- breads and cereals (include wholemeal and wholegrain varieties)
- milk and milk products
- lean meats, chicken, seafood, eggs, dried beans, peas and lentils

References

Heart Foundation (2016) - Fuelled4life lunch boxes for 2-6 years, Fuelled4life website (Retrieved 02 August 2016)

<http://s3-ap-southeast-2.amazonaws.com/hfweb-fuelled-for-life/uploads/resources/LunchBoxResourceECE.pdf>

Leaity, K. (2008) Food for Under 5s - A Practical Guide to Food and Nutrition for Early Childhood Services Loading Up the Lunchbox, Heart Foundation website (retrieved 26 March 2013)

Special occasions may be celebrated with appropriate food, i.e., a creamed plain cake, savouries, kebabs, vege dips, fruit, ice cream. No lollies, chippies, chocolate cake etc.

Foods that are low in nutrition value and high in sugar, salt or saturated fat content are discouraged at kōhanga. When considering whether a food is healthy for their child parents should opt for foods lower in sugar, lower in salt and lower in saturated fat.

Specific foods that are not permitted are:

- chocolate based or chocolate covered items (such as cakes, muffins, yoghurt, biscuits)
- lollies or roll-ups
- potato chips/corn chips
- fizzy drinks/cordials/juice
- foods high in sugar, salt and high in fat e.g. some muesli bars
- Nuts, peanuts, seeds and raisins are not suitable foods because of the danger of choking.

Please note that all nuts, peanuts and any peanut based spread are also prohibited from Kōhanga due to allergies.

These guidelines are recommended to support the kōhanga in promoting and encouraging healthy eating habits for tamariki from an early age. With this initiative the Kōhanga hope to inspire parents, whānau and the wider Māori community to make the same healthy choices. Home baking is encouraged over any packet foods however **all** chocolate; cocoa, carob and cacao items are prohibited to avoid any confusion for kaiako and tamariki.

To reduce the risk of food-related choking in young children:

- Kaiako will always make sure tamariki sit down while they eat, and that an adult is with them while they are eating or drinking
- Kaiako and whānau will offer food that matches their chewing and grinding ability

- Kaiako and whānau will be aware of foods which are more likely to cause choking. A list is attached at Appendix 1
- Dried fruit (apples, bananas, prunes, apricots etc.) is not a prohibited item however kaiako and whānau must be aware that these are items that pose a risk for choking

Appendix 1

Table 40: Characteristics and examples of foods that pose a high choking risk for children under five years

Food characteristics	Food examples	Choking risk	Changes to reduce risk
Hard foods	<p>Nuts</p> <p>Hard dried fruit</p> <p>Pieces of raw carrot, celery or apple.</p> <p>Food that break into hard sharp pieces eg, crisps, corn chips and rice crackers.</p> <p>Unpopped popcorn husks</p>	<p>Difficult for children to bite through and break down enough to swallow safely.</p> <p>Pieces can become stuck in children's airways.</p>	<p>Avoid giving whole nuts or hard dried fruit to children under the age of five.</p> <p>Use thinly spread smooth peanut butter instead of whole or chopped nuts.</p> <p>Carrot, apple and celery can be either cooked until soft or grated.</p>
Small round or oval foods	<p>Grapes, berries, cherry tomatoes</p> <p>Raisins/sultanas</p> <p>Fruit with stones and large seeds or pips, eg, watermelon, small stone fruits</p> <p>Peas</p> <p>Lollies/sweets</p>	<p>Foods with these qualities can lodge in children's airways.</p> <p>Children do not have the ability to chew small round hard, chewy or sticky lollies/sweets.</p>	<p>Grapes, berries and cherry tomatoes can be halved, quartered or chopped smaller.</p> <p>Soak raisins/sultanas to soften and cut in half</p> <p>Remove stones from fruits</p> <p>Peas can be squashed with a fork</p> <p>Small round hard or chewy and sticky lollies/sweets should not be given to children under the age of three years.</p>

Food characteristics	Food examples	Choking risk	Changes to reduce risk
Foods with skin or leaves	Chicken sausages, saveloys, 'cherrios', frankfurters etc	Food skins are difficult to chew and can completely seal children's airways	Remove or peel skins before serving Chop up (to at least size of child's small fingernail and add to mashed food Remove stones from fruit Finely chop salad leaves
	Stone fruits (eg, plums, peaches, nectarines) Apples and pears Tomatoes Lettuce and other raw salad leaves Spinach, cabbage		Cook spinach and cabbage until soft and chop finely
Compressible foods	Sausages, saveloys, 'cherrios', frankfurters, hotdogs etc	Can conform to the airway shape and get wedged tightly	As above, remove skins before serving Cook meat until very tender
	Pieces of cooked meat		Chop finely (to at least size of child's small finger nail) and add to mashed food
	Marshmallow Popcorn Chewing or bubble gum		Marshmallows and popcorn should not be given to children under three Do not give chewing or bubble gum
Thick pastes	Chocolate spreads Peanut butter	Can form to the shape of a child's airway and stick to the side	Use thick pastes sparingly and spread evenly onto bread
Fibrous or stringy foods	Celery Rhubarb Raw pineapple	Fibres make it difficult for children to break up the food into smaller pieces	Peel the skin/strong fibres off celery and rhubarb Slice these foods thinly across the grain of fibres

Source: Based on information from Altkorn et al 2008, Altmann and Ozanne-Smith 1997, Byard et al 1996, Committee on Injury, Violence, and Poison Prevention 2010, Goren et al 2005, Hayman and Dalziel 2010, Karatzanis et al 2006, Morley et al 2004, Ozdemir et al 2005)

One of the most important choking prevention measures is for carers to stay with and supervise young children while they are eating. Young children should learn not to play or run around while eating (Hayman and Dalziel 2010). Establishing a routine where young children sit while eating is recommended.