

## Nutrition and Kai Supervision Policy

### Rationale/Intent

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

*Licensing Criteria for Early Childhood Education & Care Services 2008 - HS115 & HS116*

### Guidelines

- On enrolment parents/whānau are provided with the information on how to access the document “Reducing Food Related Choking for Babies and Young Children at Early Learning Services”
- Staff may prepare food provided by whānau to ensure that it is developmentally appropriate for the child
- 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
- 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
- St Mary’s Preschool will ensure there is sufficient water that is safe to drink, available to Tamariki at all times.
- Food is available at appropriate times while children are attending.
- When food is to be provided by the service, Kaiako will ensure it is safe, of sufficient variety, quantity and quality to meet the nutritional and developmental needs of each child
- All food provided by the service will be recorded on the ECE Food Record form and stored in the Food Served folder

## Supervision

When supervising kai times, the supervising adult must

- There will be at least one adult at all times actively supervising
- Have clear visibility of children eating
- Not be engaged in any other tasks that can take away their focus
- Be close enough to the children to intervene, if necessary
- Know how to respond if a child is choking or has an adverse reaction

Best practice is to have a registered permanent Kaiako supervising, supported by additional Kaiako to maintain a 1:7 supervision ratio.

This standard will be upheld whenever practicable. We acknowledge that there may be occasional circumstances in which the preferred arrangement cannot be achieved. In such situations, appropriate and considered measured will be implemented to ensure children continue to be supervised safely until best practice can be resumed.

## Allergies

All staff members will be made aware of individual tamariki food allergies, intolerances, and special dietary requirements. For all allergies, a health management plan will be in place to ensure all team members know symptoms to be aware of and what to do in the case of an allergic reaction and emergency protocols.

The kai time clipboard will include a list of known allergens and intolerances for quick reference.

## 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.

Date Reviewed	Feb 26
Board Ratified	March 2026
Next Review	July 2028

Reviewed in line with April 2026 Licensing Criteria changes – original review date will remain the same.