



AORAKI COMMUNITY EDUCATION TRUST BOARD

POLICY/PROCEDURE: KAI AND PHYSICAL ACTIVITY.

Rationale: To ensure Tamariki are provided with a healthy food options and whanau are supported to do so. To ensure that Tamariki experience an environment where their health and wellbeing is promoted.

Procedure: Food and Nutrition for providing children with Kai

Promoting a healthy environment:

- Children and staff will wash their hands before handling food.
- Children will remain seated while eating, a staff member will actively supervise children at all times. Actively supervise is defined by being able to see children's faces and being able to respond immediately if choking occurs. **(HS22/HS19)**
- Food will not be used to reward or punish behaviour.
- Children will have access to water at all times and older children will be able to access this independently.
- If children become hungry between meals, they will be offered their lunchboxes.
- Parents/Caregivers/whānau will be kept informed of their child's eating habits.
- Infants under the age of six months and other children unable to drink independently will be held in an upright position when there are being fed. **(HS23)**
- If food is to be heated it will be reheated until hot and then served at a safe temperature.
- Kai needing to be kept cold will be stored in one of two fridges on the premises.
- Children will not have any access to food or drink while in bed.
- Staff will not take food or drink into the sleep room.
- If staff eat with the children, they will follow the lunchbox guidelines.
- Activities that promote a healthy lifestyle will be a part of the regular curriculum.
- Allergies, food intolerances and special dietary requirements will be a shared responsibility of the child's family and the Centre. If a child allergy is life threatening, a management plan will be put in place to ensure the child's safety and wellbeing and staff are aware of the procedure.
- Whanau's spiritual and cultural aspirations for their children will be honoured within the boundaries of the Early Childhood guiding documents.
- Professional development and healthy lifestyle information will be made available to Kaiako and parents/whanau/caregivers.
- At North Haven we support breastfeeding mothers with an open door policy, and a quiet space to feed your child.

Provision of Food by North Haven.

In accordance with the Ministry of Health: Reducing food related choking for babies and young children at early learning service, and our healthy heart commitment, the centre will not provide the following items **(HS22/HS19)**

- Whole or pieces of nuts

- Large seeds, like pumpkin or sunflower seeds
- Hard or chewy sweets or lollies
- Crisps or chippies
- Hard rice crackers
- Dried fruit unless chopped up small in baking
- Sausages, saveloys and cheerios
- Popcorn
- Marshmallows
- Chewing gum
- Chocolate bars
- Soft drinks or juice
- Fruit strings
- Nutella
- Potato sticks and Vegie Crips
- Cream buns or Donuts
- Two minute noodles.
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North Haven Childcare Centre reserves the right to amend this list if a child attends with a severe allergy.

Food provided by the centre that is deemed “high risk food to alter” will be prepared in accordance with Ministry of Health Guidelines.

The children at North Haven are provided with healthy morning and afternoon kai options. Kai is served at appropriate times and meet the nutritional and development needs of each child (*HS19*) and are in accordance to the Ministry of Health: Reducing food-related choking for babies and young children at early learning services. (*HS22/HS19*)

Examples of the North Haven Healthy morning and Afternoon kai options include:

- Banana, Kiwi fruit, grated hard fruits like Carrot and Apple.
- Plain Biscuits
- Sandwiches
- Muffins
- Scones

Provision of Food by Parents.

The following foods do not meet our healthy heart or allergy safe commitment and will be excluded from the centre. These items will be returned home if they are sent in lunchboxes.

- Nuts
- Sweets or lollies
- Crisps or chips
- Popcorn
- Marshmallows
- Chewing gum
- Chocolate bars
- Soft drinks or Juice
- Fruit strings
- Nutella
- Cream buns/Donuts Two-minute noodles

How to alter high-risk food to lower its choking risk

| Food characteristics | Examples | Choking risk | Changes to reduce risk | |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1–3 years old | 4–6 years old |
| Small hard food | <ul style="list-style-type: none"> Pieces of raw carrot, apple or celery | Difficult for young children to bite through and break down enough to swallow safely. Pieces can become stuck in children's airways. | <ul style="list-style-type: none"> Grate raw carrot, apple or celery, spiralise to create vegetable or fruit spirals, slice thinly using a mandolin. Cook until soft² and cut into strips (around 4–6 cm long) that can be picked up with one hand. | <ul style="list-style-type: none"> Prepare as for 1–3 years. Raw or cooked vegetables or fruit cut into sticks (approximately 4–6 cm long) that can be picked up with one hand. |
| Small round or oval food | <ul style="list-style-type: none"> Fruit with stones and large seeds or large pips like watermelon Grapes, large berries, cherry tomatoes Raw green peas | Small round foods can lodge in children's airways. | <ul style="list-style-type: none"> Remove stones and large seeds or large pips. Quarter or finely chop grapes, berries and cherry tomatoes to an 8mm x 8mm size or smaller (about half the width of a standard dinner fork). Cook and squash with a fork. | <ul style="list-style-type: none"> Halve or quarter grapes, berries and cherry tomatoes Whole cooked green peas are acceptable. |
| Food with skin or leaves | <ul style="list-style-type: none"> Chicken | | <ul style="list-style-type: none"> Remove skin from chicken. Finely slice or chop salad leaves, spinach and cabbage. | |

² 'Soft' means the food can be easily squashed between your thumb and forefinger, or on the roof of your mouth with your tongue.

| Food characteristics | Examples | Choking risk | Changes to reduce risk | |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1–3 years old | 4–6 years old |
| | <ul style="list-style-type: none"> Lettuce and other raw salad leaves, spinach, cabbage Stone fruit (eg, plums, peaches, nectarines) Apples and pears Tomatoes | Food skins are difficult to chew and can completely seal children's airways. | <ul style="list-style-type: none"> Grate raw carrot, apple or celery, spiralise to create vegetable or fruit spirals, slice thinly using a mandolin. Cook until soft³ and cut into strips (around 4–6 cm long) that can be picked up with one hand. | <ul style="list-style-type: none"> Prepare as for 1–3 years. Raw or cooked vegetables or fruit cut into sticks (around 4–6 cm long) that can be picked up with one hand. |
| Compressible foods | <ul style="list-style-type: none"> Pieces of cooked meat | Can fit into the shape of the airway and get wedged tightly. | <ul style="list-style-type: none"> Cook meat until very tender. Choose mince, shred or chop meat to 8mm x 8mm sized pieces. | <ul style="list-style-type: none"> Prepare as for 1–3 years; or offer thin strips of meat (around 4–6 cm long) that can be picked up with one hand or with a fork. |
| Food with bones | <ul style="list-style-type: none"> Fish Chicken nibbles | Small bones present a choking risk. | <ul style="list-style-type: none"> Remove all bones. | |
| Thick pastes | <ul style="list-style-type: none"> Nut or seed butter | Can fit to the shape of a child's airway or stick to side of airway. | <ul style="list-style-type: none"> Use smooth thick pastes sparingly, spreading thinly and evenly onto bread. | |
| Fibrous or stringy food | <ul style="list-style-type: none"> Raw pineapple | Fibres make it difficult for children to break up the food into smaller pieces. | <ul style="list-style-type: none"> Peel the skin or strong fibres off where possible. Slice these foods thinly across the grain of fibres. | |

³ 'Soft' means the food can be easily squashed between your thumb and forefinger, or on the roof of your mouth with your tongue.

All parents will be given a copy of the Ministry of Health: Reducing Food-related choking for babies and young children at Early Learning Services Guidelines upon enrolment. **(HS22/HS19)**

The following foods are not excluded but have been identified as high-risk foods by the Ministry of Health, we ask that parents ensure that their child has been offered these foods at home before introducing them to their child's lunch box. We recommend that parents follow the guidelines when preparing their child's lunch.

Lunch Box Guidelines:

- Lunch boxes should be sealed and clearly named.
- Koru Room – Parents/Caregivers/Whānau should place lunch boxes in the refrigerator provided.
- Fern Room – Parents/Caregivers/whanau should place lunch boxes on the shelving unit and named items to be refrigerated in the container provided. These will be stored in the fridge until lunch time.
- Food can be reheated but not cooked at North Haven.
- **We suggest that** parents/caregivers/whānau provide healthy options for their child's lunches and should contain something from each food group.
 - Breads and Cereals – Fruit and Vegetables – Milk and Milk Products – Meat or Meat alternatives
- Items that do not fit within our Kai and Physical Activity policy will be returned to whanau and teachers will communicate this kanohi ki te kanohi – face to face.
- Where there are ongoing issues, parents will be provided with a copy of the policy and some supporting educational information such as recipes and healthy heart pamphlets.

Celebrations.

On occasion celebratory food i.e., birthday cake or similar, can be brought into the Centre by parents/caregivers/whanau or staff for morning and afternoon kai. We ask that you consider healthy options and do not include any nuts or other food excluded from the Centre. Staff will ensure that those children with allergies will be given an alternative. Sandwiches will still be offered. Please refer to the Head Teacher for any further guidance

Records.

A record of all food provided and served by the Centre will be documented, recording the date, and description of the food provided. This will be kept in the kitchen and records kept for a minimum of 3 months to provide information in the event of any allergic reaction that children may develop. (46.1a)

Physical Activity:

- At North Haven we encourage children, staff and whanau to live an active lifestyle. We recognise that physical movement and education is an important part of children's learning and development.
- Staff encourage daily movement through games, experiences, music, and daily set ups.
- Whilst the use of technology is part of our curriculum, children's screen time is limited and monitored by staff.
- Children are encouraged to take risks and challenge themselves in a safe environment.
- Staff are encouraged to participate in daily activities with children.
- Staff provide daily activities with varying physical challenges that are appropriate for all children to achieve.

- Children will have access to physical equipment such as balls, climbing equipment, space to run and jump.
- Group experiences will involve movement such as musical activities that encourage movement through space to express emotion and the use of creative cognitive skills
- Staff ensure that all physical play equipment is maintained and in a safe condition and set up to comply with all safety standards.
- An allocation of funds is made each year towards professional development and resources to support both staff and children.

Implemented: March 2019
Reviewed: March 2022
March 2023.

Review Due: March 2024