



HEALTHY FOOD AND DRINK

The teaching team will adhere to the RKA policy on food and drink at all times in addition we have specific procedures relevant to our kindergarten that are as follows:

- Water is available at all times and promoted as the best drink for kindergarten. We discourage fizzy drinks and juice.
- We promote healthy eating habits for lifelong wellbeing at food times by promoting choosing a healthy option first and talking with children about healthy eating.
- Healthy foods eg. fruit, crackers are promoted as best snacks for Kindergarten.
- Teachers encourage healthy food at all times in children's lunchboxes.
- A range of food options will be prepared with tamariki which promote education about healthy eating, eg everyday, sometimes and occasional foods. We ensure hygienic food practices are followed at all times. All food activities will be documented in the daily diary and ingredients listed on white board outside.
- The teachers monitor and participate in the food routines of the sessions to role model appropriate eating time behaviors, i.e. sitting down, eating healthy choices, engaging children in discussion about their food.
- We will check the food allergy list before food preparation and distribution of food and ensure whānau are informed and all tamariki are catered for.
- We encourage waste free lunch boxes and a pamphlet is given to all new families.
- Children bring their own morning tea, afternoon tea and lunch.
- Morning tea will be held at approximately 10-10 am, lunch will be at approximately 12-00 pm.
- Afternoon tea will be at 2-15 pm and include everyone.

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Next Review: 22 October 2011