

# Nutrition Policy

**Reference:** Education (Early Childhood Services) Regulations 2008, regulation 45, 46, 51 and 52.  
Licensing Criteria for Early Childhood Education and Care Centres 2008, PF 16, 17 and HS20.  
Ministry of Health, 1997, *Nga Kupu Oranga, Healthy Messages, a health and safety resource for early childhood services.*  
Canterbury District Health Board: Early childhood information pack, pg 19-26

**Rationale:** To promote children's health and wellbeing through sound nutritional practices.

## Goals:

- To help our children develop healthy eating habits.
- To educate children and their families in nutritious food choices.
- To provide an environment that uses family and cultural values to support healthy nutrition practices.
- To provide safe, healthy and nutritious snacks.

## Strategies:

- Posters, bulletin board presentations, stories and activities about children's nutrition are provided.
- Nutrition-based activities are included in the curriculum.
- Staff role model healthy eating habits and talk about which foods are the most nutritious.
- Safe hygiene practices are adhered to when preparing, serving and eating food.
- Mealtimes are treated as social occasions where children are encouraged to develop table manners and independent skills in serving food and clearing up after meals and snacks.
- Healthy foods are encouraged for celebrations and fundraising.
- Funds are available for resources to support nutrition education.
- Nutrition related professional development for staff is provided.

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