

Food and Nutrition – Policy QO160

1. RATIONALE

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

2. NGĀ WHĀINGA/AIMS

- To ensure tamariki are safe, seated and supervised while eating.
- To support children to develop healthy eating habits.
- To support children and their families to make nutritious food choices.
- To provide safe, healthy and nutritious morning and afternoon tea snacks.
- To teach tamariki about the cultural value of food.

3. NGĀ RAUTAKI/STRATEGIES

- Children will be seated and supervised by a first aid trained teacher while eating.
- Morning and afternoon tea provided by the centre is planned and prepared in accordance with the Ministry of Health Guidelines (Reducing Food Related Choking for Babies and Children at Early Learning Services and Healthy Food and Drink Guidance for Early Learning Services).
- Morning and afternoon tea provided by the centre will include a selection of fruit and/or vegetables and a low-sugar carbohydrate option.
- Safe hygiene practices are adhered to when preparing, serving and eating food (see Food Handling Policy).
- We will support whānau to provide nutritious lunches for their children by ensuring nutrition information/guidelines are available and accessible.
- We will support whānau to provide a small, plain cake (or similar) for birthday celebrations (written guidelines for parents/whānau about the celebrations of birthdays are provided in enrolment info).
- Any lollies, chocolates, juice drinks or flavoured milks supplied in lunchboxes will be sent home.
- Staff model healthy eating habits and talk about the nutritional value of various foods.
- Mealtimes are treated as pleasant social occasions where children are encouraged to develop appropriate behaviours and independence before, during and after meals.
- Our curriculum will include activities and experiences designed to teach children about nutrition.
- Water will always be available for children to drink.

Hardcopies of this document are considered uncontrolled copies of the original.

Please refer to the electronic source (QMS) for the latest version.

- Breast feeding is encouraged and supported and an area is available for breastfeeding mothers to nurse their children.
- Sustainable practices relating to food are actively encouraged e.g. growing our own fruit and vegetables, buying locally grown produce where possible, recycling of food wrappers, composting of food scraps etc.
- Resources are available for regular staff development regarding nutrition.
- “Infants under the age of 6 months and other children unable to drink independently are held semi upright when being fed. Any infant milk food given to children under 12 months old is of a type approved by the child’s parent.” (HS117 Licensing Criteria for ECE Education and Care Services, 2008)

4. OTHER LINKS – MINISTRY OF HEALTH

[Reducing food-related choking for babies and young children at early learning services](#)

[Healthy Food and Drink Guidance – Early Learning Services](#)

Document information – Office use only	
Document Name	Food and Nutrition
Document Number	QO160
Executive	Executive Director, Student and Academic Services
Owner	Executive Director, Student and Academic Services
Developer	Supervisor Children Centre
Review Frequency	24
Last Review	6/03/2025
Next Review	6/03/2027
Related Items	Food Handling – Procedure PO160 Food Packaging – Guideline GO160-1
Version history	New format July 2020 Migrated format March 2023 Reviewed for EIT as independent entity June 2026

Hardcopies of this document are considered uncontrolled copies of the original.

Please refer to the electronic source (QMS) for the latest version.