



# Rotorua Girls' High School Childcare Trust

## Food and Nutrition Policy

### Goals:

1. To promote children's health by educating children and parents about food values and healthy eating habits,
2. To provide an environment that encourages and supports healthy eating
3. To ensure that only food that enhances children's health is provided by the centre and
4. To ensure that individual nutritional requirements are met.

**Statement:** The Ministry of Health, states,

*"Children need to eat a variety of different foods to stay healthy and grow".*

(Ministry of Health, Eating for Healthy Children. Pg 1)

Each day, at least:

two servings of fruit  
two servings of vegetables,  
four servings of breads and cereals,  
two to three servings of milk and milk products (full fat for under 2 year olds)  
one serving of lean meats, chicken, sea foods, eggs, dried peas or lentils.

Lunch-box food should include a variety of these foods, an occasional (once a week at most) piece of home baking is acceptable.

### Procedure:

1. A copy of the current Healthy Eating pamphlet from the Ministry of Health will be given to each parent/whānau at the time of enrolment.
2. Unhealthy foods are **not** suitable for lunch boxes. These should be saved for special occasions such as birthdays, and celebrations or for at home. A list of healthy foods suitable for lunchboxes can be found on the following sites:  
[www.healthed.govt.nz](http://www.healthed.govt.nz)  
[www.heartfoundation.org.nz/Healthy Lunchbox Ideas - HHA Schools](http://www.heartfoundation.org.nz/Healthy Lunchbox Ideas - HHA Schools)
3. No peanuts, peanut butter or other nuts will be permitted at the centre at any time due to the dangers of choking and food allergies. This includes nuts contained in muesli bars, slices etc.
4. Water and milk are essential daily requirements, to support physical and brain development in children. The centre will provide fresh drinking water throughout the day, in individual cups or from the drinking fountain..

5. Baby bottles and infant formula or milk, will be kept in the kitchen and provided to children as required or as requested by parents.
6. Individual sipper bottles are not permitted in the centre, to avoid the possibility of cross infection, for example meningococcal meningitis disease, hepatitis and other viral infections.
7. The food requirements as specified by parents/whānau on the child's enrolment form will be met on an individual basis.
8. During the year children will be involved in the growth, purchase, preparation and cooking, of a variety of healthy foods.
9. The centre will support breast-feeding mothers. See the attached appendices A & B.
10. Packaged food supplied by parents/whānau, will only be given to children, if not contrary to manufacturer's instructions. i.e some packaged food is recommended for children over 12 years.

This policy will be reviewed as per the policy review schedule.

Date: 6 August 2014