



PELORUS COMMUNITY PRESCHOOL

Healthy Food and Nutrition Policy

Education [Early Childhood Services] Regulations 2008 (and it's Amendments): Regulation 46

Licensing Criteria for Early Childhood Education and Care Centres 2008: Criterion HS19

Policy Statement

The Board of Pelorus Community Preschool supports and encourages a healthy eating environment and culture in our school.

Rationale

We consider that healthy food and beverage choices can enhance educational outcomes.

Purposes

- To help young people find accurate and unbiased information about healthy eating.
- To encourage young people to clarify their own ideas about making healthy eating
- To help young people understand the factors that influence their food and beverage choices and possible long-term effects of their choices on their well-being
- To ensure that only food and beverage that enhances young people's health should be eaten whilst at our Preschool
- To provide an environment that encourages and supports healthy eating

Actions

Te Whaariki/Early Childhood Curriculum guides food and nutrition education by developing, in the context of self-help and self-care, children's knowledge about keeping healthy.

- Adults will ensure that any food and beverage provided meets the Ministry of Health's Food and Beverage Classification System and Food and Nutrition Guidelines for the relevant age group.

Procedures

- The staff and teachers at Pelorus Community Preschool will support and promote healthy eating practices
- Social events will encourage young people to enjoy sharing and eating healthy food and beverages
- Water will be the preferred beverage
- We will participate only in food-related events and initiatives that support healthy eating practices, for example, 5+ A Day, and the Heart Foundation's Healthy Heart Award and its School Food Programme.
- In the event of any "serious allergies" noted on enrolment, we reserve the right to ban this food from Preschool.
Nuts Banned as of Jan 2013
- Lollies, roll-ups, strings are not considered healthy foods; please do not put in lunchbox.
- Attached is a list of recommended healthy foods for lunches

Licensing Criteria

- Food is served at appropriate times to meet the nutritional needs of each child while they are attending. Where food is provided by the service, it is of sufficient variety, quantity, and quality to meet these needs. Where food is provided by parents, the service encourages and promotes healthy eating guidelines (HS19).

Signed:

Date:

To be reviewed:	February 2010
Updated:	November 2010
Reviewed:	September 2010
Reviewed:	September 2012
Updated:	January 2013
Review:	September 2014
Reviewed:	November 2014
Review:	September 2016

Earlier in the year we had a healthy eating presentation evening and along with concerns from staff about food coming into the preschool we are currently reviewing the PCP food policy.

fresh is best



Eat a variety of foods from the 4 groups every day

- fruit and vegetables
- breads and cereals
- lean meats, chicken, seafood, eggs and beans, peas, lentils
- milk and milk products

OCCASIONAL TREAT FOODS

These foods are fine at home but please do not bring to school.

Treat foods include: muesli bars, sweets, fruit leathers and roll ups, potato chips, chocolates, sweet biscuits, fast foods and fizzy drinks



LUNCHBOX IDEAS



- cherry tomatoes
- a piece of fruit
- carrot sticks with cottage cheese
- corn on the cob
- home made popcorn
- hardboiled egg
- yoghurt
- crackers and cheese
- plain sweet biscuits
- home made muffin
- baked beans
- pasta
- vegetable fritter
- fish pie
- fried rice
- home made pizza
- quiche
- sushi

sandwiches - banana, vegemite, cheese, jam, meat etc (use bread rolls, crackers, rice-cakes, crumpets, pita bread, toasted muffins and baked bread fingers as well as bread