

2:4 FOOD & DRINK POLICY

Created: December 2013 / Updated April 2016

The Centre will provide children with all the food and drink they require during their attendance at the Centre.

- Morning Tea.
- Cooked Lunch (this is replaced with a sandwich based lunch twice a week)
- Afternoon Tea .
- Plus any additional snacks that are required by the child.

Children will be encouraged to try all foods.

Children have access to drinking water.

It is the responsibility of parents and caregivers to advise the Management of any known allergies or special food or dietary requirements of their child. We will endeavour to meet these needs.

The lunch menu for the day is recorded on the black board near the toddler room entry.

Records of all food served are kept for a minimum of three months.

FOOD PREPARATION

Food is prepared and provided by Staff, in a certified Commercial Kitchen.

Food is served and stored hygienically and appropriately in line with this certification.

The nutritional needs of children will always be considered, along with consideration for variety, appropriate quantity, and good quality.

Strategies:

- Food will be stored at safe temperatures. Refrigerated foods will be stored below 4°C and hot-held foods will be stored above 70°C for no longer than 2 hours.
- Food storage areas will be clean and hygienic. Food will not be stored on the floor.
- Gloves will only be worn when covering a bandage.
- Separate knives and chopping boards will be used for raw and cooked meat.
- Foods will be cooked to a safe temperature of at least 75°C.
- Food will be served at safe temperatures, i.e. cooked food above 60°C and cold foods below 4°C.
- Appropriate hand washing procedures will be adhered to.
- Children will wash their hands before handling or eating food.
- Babies food will be prepared in a manner that is safe for them to eat (ie: cut finely, no hard chunks, cooked until soft, grapes cut in half length ways)

DISHWASHING

Let's Grow uses a Starline commercial dishwasher.

All dishes will be washed in kitchen sink with dishwashing liquid before been put into our starline sterilizer.

Our dishwasher has no cleaning product connected and it is for sterilisation only.

All dishes will go through this hygienic procedure if possible to ensure we have the best health and food safety level possible for our children.

TABLE MANNERS

Appropriate food and hygiene habits and table manners will be expected and encouraged by the staff supervising the meal.

Children will wash their hands before eating.

Children will sit down to eat or drink, and will have their meals at tables or on the knee of a staff member if they are unable to sit unassisted in a chair.

Food will not be shared, once it has been handled.

Children will be encouraged not to waste, misuse or play with food.

Children will be encouraged to learn 'clean up and put away' habits.

BABIES : Bottles

Babies under the age of six months and other children unable to drink independently are held semi upright when being fed.

The Centre will provide milk, either cow, soy or rice. Parents are to provide any formula products that they wish to be given to their child.

Children will not be given bottles in bed (even if this is their sleep routine at home).

The Centre will provide suitable solid food products, in consultation with the parents.

CELEBRATIONS

We like to celebrate Birthdays, Farewells, and other special occasions with special Afternoon Teas or Lunches.

Parents/Caregivers are invited to provide 'special food' for these celebrations, in line with the following guidelines:

- Child friendly food, eg not very spicy or containing alcohol.
- No seafood except fish.
- No food containing nuts (due to the increasing prevalence of allergies)

Parents/Caregivers are requested to give Senior Staff or management two to three days notice if they wish to provide food for such a celebration.

At any given time we have a number of child with special food requirements, eg dairy free, vegan, egg free, gluten free. We will endeavour to provide 'special food' that is suitable for them, however we do need reasonable notice.

BOTTLE HANDLING PROCEDURE

As formula for babies are made for different requirements, children's developmental needs and dietician requirements (eg. Allergies or food preferences) This is to ensure the correct formula, bottle and milk is used for the individual child.

Parents will bring in formula and bottles for their child.

Please ensure bottles and formulas are clearly named.

Formula and bottles will be prepared with the required milk or boiled water from Let's Grow. Breast milk or other ready milk brought in will be gently heated in hot water to the appropriate temperature.

Once formula is prepared it can not be stored if unused. Opened formula containers that have expired and tins that have been opened longer than 3 months cannot be used. Please ensure to always write the date on a formula tin that comes in and dispose of it after 3 months.

After feeding the bottles will be washed and put through sanitizer in the kitchen or bottle sanitizer in the Tiaki room.

Staff will put bottles at the end of the day in individual children's bags if required by parents. Alternatively ensure all bottles are hygienically washed and dried out before putting them in the Tiaki cupboard for storage.