



Kindergarten

**Dunedin Rudolf Steiner**

Learning with head, heart and hands

## Food Procedure

### Purpose

To ensure that food and drink served in the Kindergarten provide a variety, quantity, and quality as to meet the nutritional needs of the children.

We strongly encourage wholesome food, and discourage food colouring, additives and sugars which can affect children's behaviour, concentration and have a detrimental effect on their participation in lessons and in their learning generally. We endeavour to supply organic food where possible.

As part of our special character we aim to develop a sense of community at meal times.

### Guidelines

- The Kindergarten children help to prepare the morning tea that the Kindergarten provides, and the children bring their own lunches supplied by their parent or guardian.
- A copy of the Ministry of Health guidelines will be given to all whānau on enrolment.
- Parents are advised that all food brought to school is kept at room temperature and therefore they should avoid food that requires refrigeration
- All meals in kindergarten are served at the table with all children seated.
- Teachers ensure that everyone has washed their hands before the preparation or consumption of food
- Teachers hold a first aid certificate and know how to respond if a child is choking or has an adverse reaction.
- A register of disclosed allergies, intolerances and whānau dietary requirements is maintained by the office and a copy kept in each room.
- At all times an ample supply of potable, filtered drinking water is available to the children.
- No child is left unattended while eating
- No child has access to any fluid while in bed (or other sleeping or resting place)
- All food is clean when stored, prepared, and served
- A record of every meal served to children at the kindergarten, showing the type of food provided, is kept, and available for inspection, for 12 months after it is served. This includes food brought in for birthday celebrations.
- We minimise the risk of choking through provision of appropriate foods and supervision. Where food is provided by the kindergarten foods it will be in accordance with the guidelines set out by the Ministry of Health.

<https://www.health.govt.nz/system/files/documents/publications/reducing-food-related-choking-babies-young-children-early-learning-services-dec20.pdf>

Signed: *J. M. [Signature]*

Kindergarten Head Teacher

Date: *8-8-2022*

Date of next Review: *8-8-2025*