

 <p><b>Montessori STARS</b></p>	<b>Policy</b>
	<b>Policy Category: HEALTH AND SAFETY</b>
	Date Created: May 2022
	<b>Policy Name: HS19/HS20/HS21/HS22</b> <b>Food Policy</b>

### Purpose

Montessori STARS ensures that children receive nutritional food at an appropriate time to meet their health needs and in a safe manner. We are also committed to ensuring a high level of hygiene is maintained while preparing, serving and storing food. We keep records of the food served. Where food is provided by parents, the service encourages and promotes healthy eating guidelines.

**TE WHĀRIKI Well-being/ Mana atua - Goal 1:** Tamariki experience an environment where their health is promoted.

### Issue Outline

Montessori STARS must uphold the health, safety and well-being of all children by ensuring the service meets the nutritional needs of children in their care or encourages parents to do so. Montessori STARS must ensure that our practices align with the Food Act 2014 regulations.

### Procedures:

Montessori STARS takes into account the full nutritional needs of children. We ask parents to declare any known allergies on their enrolment form.

- ✧ Montessori STARS keeps a record of all food served during the service's hours of operation (other than that provided by parents for their children). Our records show the type of food provided and are available for inspection for three months after the food is served. Where food is provided by parents to be shared, a written list of all of the food provided for children is documented in our daily diary on that day.
- ✧ We have set mealtimes but make allowances for demonstrably hungry children or for medical/ personal reasons, require a specialised diet and eating time.
- ✧ Montessori STARS is guided by a range of resources available to help ECE services make healthy and informed choices about food provided to children, and to encourage parents to do the same.
- ✧ Parents provide food for their children to eat while attending.
- ✧ Where parents provide lunch for their children, we ensure their lunch box is clearly labelled.
- ✧ **We are a nut-free centre.**
- ✧ An ample supply of water that is fit to drink is available to children at all times, and older children can access this water independently.
- ✧ There will be times when children will be included in the preparation of food as a curriculum-related activity. Where this occurs, all the above precautions will be taken and recorded.

## Food Act 2014 Self-Supply Water at Places Used for Food<sup>1</sup>

We only use clean water for food production, processing and handling and do not use self-supplied water. Parents provide all food for their children while attending. We are therefore exempt from conditions under the Food Act 2014. We will also continue to meet licensing criteria and ensure food is safe.

### Relevant Background (including legislation/regulation references)

#### Licensing Criteria 2008, Health and Safety Regulations

**HS19:** a record of all food served during the service's hours of operation (other than that provided by parents for their children). Records show the type of food provided and are available for inspection for three months after the food is served.

**DOCUMENTATION REQUIRED:** A record of all food served during the service's hours of operation (other than that provided by parents for their children). Records show the type of food provided and are available for inspection for 3 months after the food is served.

**HS20:** Food is prepared, served, and stored hygienically.

**HS21:** An ample supply of water that is fit to drink is available to children at all times, and older children can access this water independently.

**HS22:** Children are supervised and seated while eating. Where food is provided by the service, foods that pose a high choking risk are not to be served unless prepared following best practices as set out in the *Ministry of Health: Reducing food-related choking for babies and young children at Early Learning Services*. Where food is provided by parents, the service promotes best practices as set out in *Ministry of Health: Reducing food-related choking for babies and young children at early learning services* and must provide to all parents at the time of enrolment a copy of *Ministry of Health: Reducing food-related choking for babies and young children at early learning services*.

#### Food Act 2014 Ministry of Health

**National Education and Learning Priorities (NELP) Objective 1:** Learners at the Centre – Learners with their whānau are at the centre of education

**Implications and/or Risks** Failure to implement this policy correctly could cause Montessori STARS to be fined under the Food Act 2014 regulations; such a failure could also impact on our Ministry of Education License to operate. It could also cause a child in our centre to become seriously ill and damage the reputation of our centre to provide a safe place for children.

### Review

Review every three years or when there is a significant change in the policy topic.

<b>Authorised:</b>	Sharon Anderson
<b>Date:</b>	January 2024
<b>Review Date:</b>	January 2027
<b>Consultation Undertaken:</b>	Staff meetings, Educa for Parents

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<sup>1</sup> Self-supply water means water from sources such as bore water, rainwater, surface water, or groundwater obtained directly by the operator. This is distinct from water supplied by an independent supplier (including a public or private supplier).