

Healthy Eating Policy

Sample B

Rationale

To create an environment that promotes healthy eating and supports families to make nutritious choices.

Goals

- To ensure that all children understand the connection between healthy food and having a healthy body
- To educate parents about healthy lunchbox contents through the “Healthy Food List” and Information Folder
- To teach children about the cultural values of food
- To ensure that cooking activities use healthy food from the four food groups.

Strategies

- Nutrition information is available for parents/whānau in the parent library and through the newsletter
- Healthy food is used for fundraising and provided at social events
- Guidelines on healthy lunchbox food for children are regularly promoted
- Each week, at least one nutrition activity is planned with the children
- Resources are purchased to support nutrition education
- Written guidelines for parents/whānau about the celebration of birthdays are provided
- Staff and children use good food hygiene practices such as hand washing before eating, preparing food and after going to the toilet
- Staff role model healthy eating
- An area is available for breastfeeding mothers to nurse their children
- Staff participate in regular professional development with regard to nutrition.

Signature: _____

Date: _____

Review date: _____