

25 PROCEDURE: NUTRITIOUS FOOD PREPARATION AND CONSUMPTION**Aim**

To provide (or encourage parents to provide), well balanced, nutritious and hygienically prepared food for the children. Reg 26

25.1 Guidelines

- 25.1.1 Morning tea is prepared in all of the classes at Montessori Children's House Wanaka. In each class the children assist with the preparation of the morning tea, this consists of a crackers, scones, muffins, breads and spreads and seasonal fruit.
- 25.1.2 Morning tea is provided by Montessori Children's House Wanaka.
- 25.1.3 If a child requires a bottle this is provided by the parents. In the case of bottles, Bambini staff record the time that they are given, and the quantity consumed.
- 25.1.4 Food is hygienically stored.
- 25.1.5 Morning tea is documented each day.
- 25.1.6 Tap water is available to the children throughout the day.
- 25.1.7 A dishwasher is provided to clean all glasses, plates and cooking utensils. Kitchen surfaces and chopping boards are wiped clean after every use.
- 25.1.8 Parents are encouraged to provide healthy and nutritious food for their child's lunch. All classrooms have microwaves should food require heating and access to a fridge if required.
- 25.1.9 To prevent harm to children with allergies, any products where there is a severe allergy or an epi pen is required the food will be excluded from all children's lunch boxes.
- 25.1.10 As a direct result of the choking incident in Rotorua Montessori Children's House Wanaka requests that apples and popcorn are no longer included in your child's lunch box. Lollies, chocolate bars and fizzy drinks are not permitted to be brought to school and if contained within a child's lunch box will be returned uneaten.
- 25.1.11 Children are supervised while eating.
- 26.1.12 Breast-feeding is encouraged at Montessori Children's House Wanaka. Children are welcomed to be breast fed anywhere on the premises. However, a quiet place is available for mothers to feed their child/children and parents can choose either to use an office or the staff room.
- 27.2.13 If breast milk is provided, it will be stored and heated as specified by the parent.