

Enrolment Food & Drink Information for Whānau



Guidance

Food Provided by whānau: we respect the right for whānau to be confident in knowing their child best, including knowing what their child can cope with when it comes to eating food. Please see the MOE pamphlet provided on enrolment for further information. Additional information and the full Ministry of Health guidelines are available on request.

We recommend considering the following information when preparing your child's lunchbox to have at the Centre.

Food provided by the Centre: Breakfast (toast with spread), late afternoon snack and food for the purpose of celebrations, baking and any other circumstances/activities that require the supply of food for shared purposes will **not** contain any of the following (*this does not include food as provided by parents for their child's individual lunchboxes*)

Research shows that some food poses a greater risk of choking on. To reduce the risk, early learning services should remove high-risk foods and change the texture or size and shape of others.

Foods that will be excluded at the Centre

- Any type of sweets and lollies
- Chocolates
- Marshmallows
- Jelly shots (they are a huge choking hazard)
- Juice or flavoured milk
- Peanuts, peanut butter and any food that contains peanuts

Food that requires heating or any preparation/cooking (such as 2-minute noodles) should not be included in the lunchbox. Cooked food and noodles can be prepared at home and sent in the lunchboxes.

Circumstances where the centre may provide food could include (but is not limited to):

- Celebration days
- Shared kai events
- Food, cooking or baking experiences for the purpose of learning opportunities
- Picking and collecting fresh produce from the Centre gardens
- Spare food for children who have eaten all of their own and require more
- Emergency kit supplies
- Snacks for small excursions

I hereby agree for **YMCA Community Early Years Learning Centre** to offer my child food provided in their lunchboxes as brought from home without altering it (e.g. whole apples will not be peeled, cut or grated).

I acknowledge that I have received a copy of MOE pamphlet (Reducing food-related choking for babies and young children at early learning services)

Child name: _____

Date: _____

Parent name: _____

Signature: _____