



Food Policy At the Centre

Rational: Good nutrition is especially important for children because they need extra nutrients for growth and development.

Children should be provided with a balanced variety of food, which includes all of the five recommended dietary intakes (RDI's) for the day.

Some food can cause allergies for that reason the Centre does not allow certain types of food such as peanut or its associated product.

Explanation: A child at least half the (RDI's) need to be provided for all nutrients. In terms of food this means that the minimum number of serves which will meet at least 50% of the (RDI's) for children up to five years of age can be clearly described in terms of five food groups. The five food groups are a division of foods according to the major nutrients they provide.

- * The bread and cereals group provides energy, carbohydrate, protein, B group vitamins and dietary fibre.
- * The dairy foods group provides energy, protein, calcium and the fat-soluble vitamins.
- * The meat and meat alternatives group provides energy, protein, iron and zinc.
- * Fruit and vegetables as a group, provide dietary fibre and the water-soluble vitamins.
- * Fats and oils are needed in small quantities to provide energy and fat-soluble vitamins.

Food Allergies: Allergies occur when an overactive immune system produces (IgE) against substances in the environment (allergens) that are usually harmless.

Once allergy has developed exposure to the particular allergen can result in symptoms which vary from mild to potentially life threatening or anaphylaxis.

Implementation: The Centre request parents to observe centres food policy by providing children with healthy nutrition balanced variety of food.

The Centre is a free peanut Centre, no peanut or product made of peanut are allowed at the Centre, such as Natela, Mussle bard or any food have traces of peanut.

Any type of the not allowed food included in any of the children lunch boxes; it will be excluded and not given to the children. The Centre provides three meals a day to all children using the Centre.

This policy is in the best interest of all the children using the Centre and parents' cooperation is appreciated, as it can be life threatening to some children.

It is parents' responsibility to inform the Centre in writing if their child has any form of allergy.

The Centre will ask parents to provide written medical documentations in support of their child case.