

Hauora Wellbeing Initiative

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New Zealand Early Learning

- Rapid expansion of services
- Children can spend between 4 – 55 hours/day in Early Learning Services
- 98% of 4 years attended Early Learning Services



 Heart Foundation™

Healthy Heart[™] Award

Tohu Manawa Ora – Kōhungahunga



Together, the strands strengthen each other, creating sustainable practice

FUELLED4LIFE EARLY LEARNING SERVICE SAMPLE MENU: SUMMER WITH SPECIAL DIETARY OPTIONS

This menu meets the Pā-Harakeke level of the Heart Foundation's Healthy Heart Award and is suitable for children aged two to five years old. It is flexible to meet the needs of your service and can help cater for one or more common food allergies and intolerances. This sample menu includes Dairy-free, Egg-free, Gluten-free and Nut-free options which are highlighted by symbols throughout. When using this menu, it's also important to carefully read all foods labels by checking the ingredient list and allergen warnings as some foods may contain hidden sources of allergens.

Please note, other common food allergies that are not catered for in this sample menu include shellfish, wheat, soy, sesame seed and fish. For more support with catering for allergies and intolerances, see the 'contacts' section on the reverse of this resource.

Recipes in **bold** are available on the Fuelled4life website where you can find more information on recipe modifications.

	MONDAY <i>Māhina</i>	TUESDAY <i>Māhina</i>	WEDNESDAY <i>Māhina</i>	THURSDAY <i>Māhina</i>	FRIDAY <i>Māhina</i>
Morning tea Kai ā te ao					
Snack	Fruit salad and yoghurt (dairy or soy) Hummus on whole grain crackers *To make Use gluten-free toast, crackers, corn thing or rice cakes.	Banana oat cookies* and yoghurt (dairy or soy) *To make Replace oats with a mix of desiccated coconut and pumpkin or/and sunflower seeds. *To make Replace ground almonds with ground sunflower seeds or extra rolled oats.	Munch & crunch platter*: Seasonal fruit, cucumber sticks, Roasted carrot and cumin dip, cheese sticks* and popcorn* *To make Remove cheese sticks and add toasted sesame seeds to the dip for extra calcium.	Fruit and veggie plate* Plain corn thins with topping: - Edam cheese - Hummus - Avocado	Bircher pots: Rolled oats* soaked in milk and yoghurt (dairy or soy) layered with fruit *To make Replace rolled oats with chia seeds.
Drink Ngā Inu	Water	Water	Water	Water	Water
Lunch Kai ā te ao					
Main dish	Potato tuna patties* *To make Do not dust with flour.	Beef and eggplant bake with mixed vegetables	Spiced pumpkin, lentil and tofu salad topped with plain yoghurt (dairy or soy) *To make Replace soy sauce with sweet chilli sauce.	Crispy lettuce cups* with chicken and rice noodles *To make Replace soy sauce with sweet chilli sauce.	Beef ranches with avocado salsa* topped with: - Plain yoghurt (dairy or soy) - Edam cheese *Use recipe for the sauce and salsa only.
Extras	Rainbow salad	Brown rice	Garden green salad		Baked potato rounds
Drink Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ā te ahiahi					
Snack	Green smoothie: Spinach, banana and milk (dairy or soy) *To make Replace milk with almond milk or coconut milk. *To make Use gluten-free bread, crackers, corn thins or rice cakes.	Whole grain toast* with choice of spread: - Cottage cheese - Avocado Top with sliced apple, banana, tomato or cucumber *To make Use gluten-free bread, crackers, corn thins or rice cakes.	Fruit parfait: layers of fruit (fresh or canned in juice) and yoghurt (dairy or soy)	Mini wraps* *To make and Replace the mayo with hummus or avocado. *To make Use gluten-free wraps, lettuce cups, corn tortillas or a thin egg omelette.	Munch & crunch platter: Seasonal fruit and carrot sticks*, hummus and hard-boiled eggs* *To make Remove eggs and replace with canned chickpeas or falafel.
Drink Ngā Inu	Water	Water and milk (dairy or soy)	Water	Water and milk (dairy or soy)	Water and milk (dairy or soy)

SEASONAL VEGETABLES INCLUDE: Asparagus, beans, beetroot, butternut, capsicum, courgette, eggplant, green peas, sweet corn, Taewa (Māori potato), watercress.

SEASONAL FRUIT INCLUDE: Avocados, berries, cherries, grapes, oranges, stone fruit, watermelon, rock melon.

* Children can choose on food at any age, but those under five are at higher risk. See the Ministry of Health Guidelines for reducing food-related choking, particularly for foods marked with a *. Visit [health.govt.nz](https://www.health.govt.nz).

FUELLED4LIFE.ORG.NZ



Course: Healthy Heart Award Rito

https://www.learnbyheart.org.nz/moodle/course/view.php?id=18

AppsGoogleSolarixPBX - Heart...Member's Area - Di...Mail - Frances Aren...Learn by Heart - M...Learn by HeartFuelled4LIFEUserhttps://heartfounda...Homepage - Introd...CRM-dynamicsSupport request ISHeart Foundation - ...

Heart Foundation

LEARN BY HEART
Hei Oranga Mārama

LBH Support

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Healthy Heart Award Rito

Healthy Heart Award Rito

Tohu Manawa Ora – Kōhungahunga

HealthyHeart[™]
Award

Early Childhood Education

RITO AWARD
FOUNDING

Take your journey through each of the strands. You are welcome to start with any strand you like. Each strand includes relevant information and resources to help you create your heart healthy environment.

You can then upload evidence to showcase your successes. Once you have uploaded evidence for all strands, you will be become a Healthy Heart Award early learning service!

Physical activity policy

Healthy eating policy

Food provision

My Goals

Admin

Award Criteria

Rito award criteria

All levels award criteria

Policies

Healthy eating policy sample A

Healthy eating policy sample B

Physical activity policy sample A

Physical activity policy sample B

Breastfeeding policy sample A

Breastfeeding policy sample B

Hauora policy sample (English)

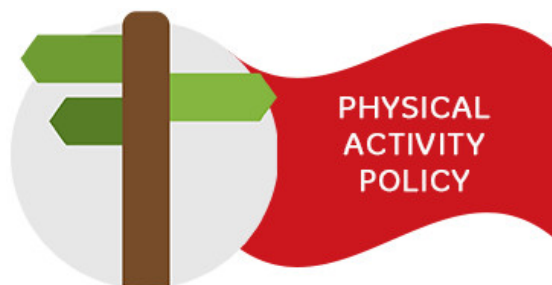
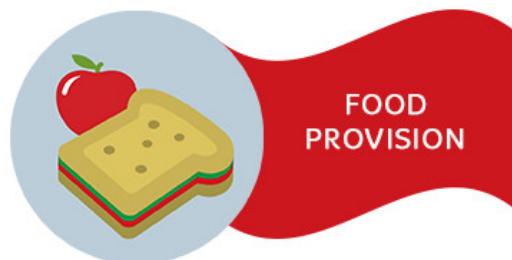
Hauora policy sample (Te Reo)

Healthy celebrations policy

PHYSICAL
ACTIVITY
POLICY

HEALTHY EATING
POLICY

FOOD
PROVISION



	Rito: Founding	Whānau: Strengthening	Pā-Harakeke: Flourishing
Set menu	A set cycle menu of 2-4 weeks	A set cycle menu of 4 weeks	A set cycle menu of 4 weeks
Vegetables and fruit	At least 2 non-starchy vegetable servings per day and 2 fruit servings per day	At least 2 non-starchy vegetable servings per day and 2 fruit servings per day	At least 2 non-starchy vegetable servings per day and 2 fruit servings per day
	At least 5 different vegetables are served each week (including at least 4 colours)	At least 5 different vegetables are served each week (including at least 4 colours)	At least 5 different vegetables are served each week (including at least 4 colours)
Grain foods and starchy vegetables	At least 2 servings per day with at least 1 wholemeal/ wholegrain option per day	At least 2 servings per day with at least 1 wholemeal/ wholegrain option per day	At least 2 servings per day with at least 1 wholemeal/ wholegrain option per day
Milk and milk products	At least 1 serving per day	At least 1.5 servings per day	At least 2 servings per day
Legumes	At least 1 meal or snack containing legumes per week	At least 2 meals or snacks containing legumes per week	At least 3 meals or snacks containing legumes per week
Vegetarian meals	At least 1 vegetarian meal per week with a source of protein	At least 1 vegetarian meal per week with a source of protein	1 vegetarian meal per week with a source of protein
Red meat (lean beef, lamb & pork)	At least 1 lean red meat per week	2 lean red meat per week	2 lean red meat per week
White meat (poultry, fish & seafood)	At least 1 lean white meat per week with at least 1 fish per fortnight	At least 1 lean white meat per week with at least 1 fish per fortnight	2 lean white meat per week, at least 1 being fish
Processed meat	No more than 2 per week (including lunch and snacks)	No more than 1 per week (including lunch and snacks)	No processed meat (including lunch and snacks)
Snacks	Snacks are based on whole, less processed foods, with at least 1 everyday snack food per day	Snacks are based on whole, less processed foods with no more than 1 sometimes food per day	Snacks are based on whole, less processed foods with at least 2 everyday snack foods on most days

Healthy eating

Rationale

To promote children's

Goals

- To help our children
- To educate children
- To provide an environment for healthy nutrition
- To provide safe

Strategies

- Posters, bulletins, nutrition are provided
- Weekly nutritious
- Staff role model nutritious
- Safe hygiene practices
- Cook has current
- A four-week cycle
- Mealtimes are to develop table manners after meals and
- Healthy foods are
- Parents are supported
- Funds are available
- Nutrition related year.

SIGNATURE: _____

DATE: _____

REVIEW DATE: _____

Breastfeeding

Rationale

Breastfeeding | positive control
Exclusive breastfeeding
around six months

Goals

- This service promote members
- A support
 - Encourage
 - To encourage
 - Information

Strategies

- Whānau
- Breastfeeding here
- A safe area
- Facilities
- Resources
- As part of connecting books, di

SIGNATURE: _____

DATE: _____

REVIEW DATE: _____

Physical activity policy sample A

Rationale

To promote active and healthy lifestyles to children and their families.

Goals

- To provide a safe and success-orientated environment for all children to acquire movement skills daily
- To ensure children extend their language, mathematical and communication skills in the movement environment
- To share information with parents, whānau and staff, so all can participate in the movement programme.

Strategies

- Staff plan for daily movement skill acquisition
- Staff are actively involved in providing knowledge and safe habits for children, parents and whānau
- Staff and parents and whānau are encouraged to participate in daily physical activity alongside the children
- Adequate safe equipment is provided and well maintained
- Children's skill attainment is observed regularly
- Children are encouraged to explore their movement skills and develop their cognitive abilities
- Limited screen time will be available for educational purposes only and children redirected to physical activity after a short period of use
- Children have the opportunity to learn movement skills from other cultures
- Parents, and whānau are encouraged to be actively involved in maintaining children's involvement in appropriate physical activity at home
- Professional development includes opportunities for staff to increase their knowledge and skills in relation to physical activity
- Funds are allocated for the purchase for physical activity equipment.

SIGNATURE: _____

DATE: _____

REVIEW DATE: _____

Hauora Wellbeing Initiative



Success happens when we work together ...

- Clear purpose – All partners committed to achieving the outcomes
- Measurable goals – Healthy heart awards, policy, centre practice changes
- Open, honest and clear communication with all partners
- Celebrating success through our milestones, evaluating and adapting the leadership of the initiative

Gold quality food at Mount childcare centre

9:28am Friday 02 Nov, 2018

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Shares



Heart Foundation mascot 'Hearty' dropped in to TopKids Mount Maunganui to celebrate its Gold Healthy Heart Award with Kyla Hawira-Fuao, Catalina Elgueta Pinto, Rianah Anderson and cook Laura Elgueta.

Kumara and chickpea curry, beef chilli, and wholemeal pasta salad with chicken, corn, peas, tomato, broccoli and cheese. Impossible meals to get into a toddler, right?

Not at TopKids childcare centre in Mount Maunganui, which has just won the Heart Foundation's Pa-Harakeke Gold Healthy Heart Award for creating an environment that promotes healthy eating and physical activity for under-fives and their families.