

Nutrition resources for New Zealand Early Learning Services

Healthy Active Learning	
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Healthy Food and Drink Guidance – Early Learning Services	
Healthy Food and Drink Toolkit – Early Learning Services	
Healthy habits and eating	
Early learning service sample menus	Heart Foundation
Healthy eating habits for children (two-to-five-year-olds)[^]	Ministry of Health/Manatū Hauora
Infant feeding resources	Te Hiringa Hauora/Health Promotion Agency
NGĀ KAI TUATAHI MĀ PĒPI - Baby's First Foods	Toi Tangata
Starting solids	Ministry of Health/Manatū Hauora
Feeding your child (aged one and over) fussy eating, food-related choking, developing chewing and swallowing skills	Ministry of Health/Manatū Hauora
Vegetable resources for babies, toddlers and children	Vegetables.co.nz
5 + a Day – Early Learning	5 + a Day
Lunchboxes	
Lunchbox Ideas (Te Reo, English, Chinese, Samoan and Tongan)	Heart Foundation
How to talk about lunchboxes	Heart Foundation
Healthy celebrations	
Healthy celebrations	Heart Foundation
Learning tools	
Te Taonga nei te Kūmara – the gift of Kūmara	5+ a Day
Food activity early learning - Placemat	Heart Foundation
Teeth	
Tooth tips for babies (nutrition)	Canterbury DHB
Tooth tips for babies and children (nutrition)	Canterbury DHB
Tooth tips for toddlers and young children (nutrition)	Canterbury DHB
Tooth tips for young children (nutrition)	Canterbury DHB
Fluid	
Which milk is best for me?	Heart Foundation
Choking	
Reducing food-related choking in young children	Heart Foundation
Heart Foundation “how to alter food” videos	Heart Foundation
Food-related choking in young children	Ministry of Health/Manatū Hauora

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Reducing food-related choking for babies and young children at early learning services	Ministry of Health/Manatū Hauora
Reducing food-related choking for babies and young children - pamphlet	Ministry of Health/Manatū Hauora and Ministry of Education/Te Tāhuhu o te Mātauranga
Finger food ideas for 9 months+ and 12 months+	Watties (for baby)
Useful guidelines/readings	
Eating for Healthy Children aged two to 12 years/Ngā Kai Tōtika mō te Hunga Kōhungahunga*	Ministry of Health/Manatū Hauora
A healthy start for your baby	Heart Foundation
He Kai Kei Aku Ringa	Toi Tangata and Te Hiringa Hauora/Health Promotion Agency
Recommended, evidence-based websites	
5 + a Day	
Activity and Nutrition Aotearoa (ANA)	
Allergy NZ	
Australasian Society of Clinical Immunology and Allergy (ASCIA)	
Health Ed	
Healthy Families	
Healthy Kids NZ	
Health Navigator NZ	
Love Food Hate Waste	
New Zealand Dental Association	
New Zealand Heart Foundation	
New Zealand Ministry of Education	
New Zealand Ministry of Health/Manatū Hauora	
New Zealand Nutrition Foundation	
Te Hiringa Hauora/Health Promotion Agency	
The Healthy Food Guide	
Toi Tangata	
Vegetables.co.nz	

*This resource suggests smoothies as a snack/meal idea. Smoothies are a red item in the Healthy Food and Drink Guidance (Early Learning Services). Substitute smoothies with grated/cut fruits and vegetables.

^ This resource suggests popcorn as a snack idea. The Ministry of Health/Manatū Hauora guidelines do not recommend popcorn for young children, due to the high choking risk. Popcorn is also a red item in the Healthy Food and Drink Guidance (Early Learning Services). Substitute popcorn with wholegrain crispbreads or easy-to-chew crackers with an HSR of ≥3.5.

†This resource suggests hard rice crackers as a snack idea. The Ministry of Health/Manatū Hauora guidelines do not recommend hard rice crackers for young children due to the high choking risk. Substitute hard rice crackers with wholegrain crispbreads or easy-to-chew crackers with an HSR of ≥3.5.

If you would like more support with food and nutrition at your early learning service, please email HALAadvisor@adhb.govt.nz and one of our Healthy Active Learning advisors will contact you.

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