

Stockton Public School Preschool



Nutrition, food and beverages and dietary requirements procedure

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated department policy, procedure, or guideline
2.1	Regulation 78 Regulation 79 Regulation 80	Leading and Operating Department Preschool Guidelines pgs. 47-48 Nutrition in Schools Policy Allergy and Anaphylaxis Management Within the P-12 Curriculum

Pre-reading and reference documents

[ASCIA Guidelines for the prevention of anaphylaxis in schools](#)

[NSW Food Authority: Children's Services Voluntary Food Safety Template](#)

[Australian Dietary Guidelines](#)

[Eat for Health Website](#)

Resources also accessible through the preschool section of the department's [website](#):

- **Get up and grow: Healthy eating and physical activity for early childhood resources** Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity
- NSW Health initiative **Munch and Move** - Healthy kids: eat well, get active
- The early childhood resource hub provides practical information and best practice guidelines for **promoting healthy eating and nutrition in education and care services**

Related procedure

Dealing with medical conditions in children

Staff roles and responsibilities

School Principal	<p>The Principal as Nominated Supervisor, Educational Leader and Responsible Person holds primary responsibility for the preschool.</p> <p>The Principal is responsible for ensuring:</p> <ul style="list-style-type: none">• the preschool is compliant with legislative standards related to this procedure at all times.• all staff involved in the preschool are familiar with and implement this procedure.• all procedures are current and reviewed as part of a continuous cycle of self- assessment.
Preschool supervisor	<p>The preschool supervisor supports the Principal in their role and is responsible for supporting the educators in reviewing this procedure through a process of self-assessment and critical reflection. These could include:</p> <ul style="list-style-type: none">• analysing complaints, incidents, or issues and what the implications are for the updates to this procedure.• reflecting on how this procedure is informed by relevant recognised authorities.• planning and discussing ways to engage with families and communities, including how changes are communicated.• developing strategies to induct all staff when procedures are updated to ensure practice is embedded.
Preschool educators	<p>The preschool educators are responsible for working with leadership to ensure:</p> <ul style="list-style-type: none">• all staff in the preschool and daily practices comply with this procedure.• storing this procedure in the preschool, and making it accessible to all staff, families, visitors, and volunteers.• being actively involved in the review of this procedure, as required, or at least annually.• ensuring the details of this procedure's review are documented.

Procedure	
Supporting breastfeeding	<ul style="list-style-type: none"> The preschool is a breastfeeding - friendly place. e.g., providing a supportive physical environment for mothers who wish to breastfeed; having an area available that mothers can use.
Munch and Move program	<ul style="list-style-type: none"> Educators promote the five key Munch and Move messages to promote healthy, active habits in children from a young age; <ol style="list-style-type: none"> Choose water as a drink Eat fewer snacks and select healthier alternatives Eat more fruit and vegetables Get active for an hour or more each day Turn off the television or computer and get active
Access to safe drinking water	<ul style="list-style-type: none"> Families are expected to provide their child with a full bottle of water each day. These are stored in a way that supports each child to be able to access their own bottle themselves, throughout the day. Steps are taken to ensure drinking water is always accessible to the children in the indoor and outdoor environments using a trolley to store and move them easily. There is also a bubbler accessible for all children and they are taught how to use it in a safe and responsible manner. Children who forget a drink bottle on any given day are also provided with a cup that is labelled and placed on the trolley for use. Staff use chilled water in a jug from the fridge to fill the cup or any child's drink bottle that is empty. Staff remind children regularly throughout the day to have a drink of water and ask if anyone needs their bottle refilled. During COVID 19 children are encouraged to store their drink bottle in a safe area away from each other's bottles. Educators provide tables outside where drinks can be placed. Indoors there is a hanging storage bag to prevent drink bottles from touching each other. Staff are aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill. The educational program explicitly teaches and promotes water as the drink of choice for good health. Children are discouraged from bringing sweet drinks to preschool. The strategies used to promote

	<p>the drinking of water, include for example, conversations with families and children during the orientation process; pamphlets, posters, and signage; role modelling and group discussions.</p>
<p>Nutritious food</p>	<ul style="list-style-type: none"> • The preschool does not provide food for children. Families supply their child with fruit break, lunch, and snacks for afternoon tea (recess). • We support families by providing suitable information that can assist and encourage the family to provide meals and snacks that meet current standards and recommendations in relation to nutritional requirements, are appropriate to the child's age, are of a variety and quantity that satisfies the child's appetite and interests. • They are provided with this nutritional information during orientation sessions and brochures; via the school newsletter, through signage; regular discussions; and 'Healthy snippets' in flyers. • Parents are informed that the preschool is <i>nut aware</i> and foods that contain nuts are discouraged. Families are informed and reminded, if needed through private discussions; phone calls; notes sent home; information booklet. If required, we can provide this information in the relevant community languages or discuss the issues with the culturally and linguistically diverse families. • The children's special dietary needs information is collected during the enrolment process and then communicated to all educators. • Risk management plans will be developed for children with anaphylaxis to reduce exposure to known allergens. • If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are discouraged also. • The educational program and daily routines explicitly teach and promote healthy food choices in a fun and enjoyable way. Educators use the terms <i>everyday</i> foods and <i>sometimes</i> foods; educator led discussions around healthy food choices; projects that incorporate healthy food and beverage choices. • Educators implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity. • Food awareness activities include discussions about food from different cultures, health, hygiene, and nutrition and will be included across the curriculum (art/craft, language, music, dramatic play, cooking etc.) • We provide a friendly, relaxed, and comfortable environment that will help to achieve a stress-free mealtime for both children and educators. Mealtime (fruit break and lunch) is a time for

	<p>encouraging healthy and safe eating practices, socialising, and learning.</p> <ul style="list-style-type: none"> • Educators are to supervise and encourage safe eating behaviours, discuss healthy food choices, and appropriate hygiene. e.g., sitting while eating any food, educators sitting with children while they are eating, sitting children with allergies away from any children with unsuitable food, washing hands before eating, ensuring that the eating environment is always clean. • Present strategies for preventing choking accidents caused by food include - Children are encouraged to be seated when eating and drinking and are always to be supervised. • Educators understand, respect, and are able to handle the eating behaviour of children in a sensitive way (including refusal of food by children). Children are encouraged with verbal positive reinforcement to eat their fruit break and lunch but are never to be forced or harassed for not eating food. If children regularly refuse to eat food strategies should be discussed with families and it may be suggested that parents take the child to a family doctor or dietician for a review. • If a child's packed lunch regularly contains unhealthy or junk foods the family will be informed through a casual conversation about healthy eating expectations at the preschool. They are given information on healthy food and nutrition on enrolment, and regularly throughout the year in articles in the newsletter, notes and brochures sent home.
<p>Storing and reheating food</p>	<ul style="list-style-type: none"> • Any perishable items brought to preschool by the children are stored safely in the children's fridge in the children's lunch boxes until they are consumed. If children's lunch boxes are an insulated lunch box they are required to leave it unzipped 10 cm to let cold air flow. Fridges need to be maintained below 5°C. • During term 4 as a way to get the children ready for Kindergarten, families are encouraged to use insulated lunch bags with freezer packs as they will be kept in their school bags. • If the preschool reheats children's food, it must be reheated till it is hot all the way through - a minimum of 60°C. If additional information is required, refer to NSW Food Authority: Children's Services Voluntary Food Safety Template.

<p>Consuming food at preschool</p>	<ul style="list-style-type: none"> • Consideration is given to where children with food allergies and at risk of anaphylaxis are seated when eating with the group. • The children's food is monitored by the educators to ensure none contains a trigger food for another child. • The children are asked not to share food with other children. • Special events such as birthday celebrations or class parties which involve the sharing of food are closely monitored to minimise risks of food contamination and the consumption of trigger foods e.g. children with known allergies are asked to supply their own food; all families are requested not to use particular ingredients; if serving from a communal bowl or tray, tongs are used; food is kept covered; any shared cutlery used are disposable or washed in a dishwasher after use. • Food handling spaces are kept clean and hygienic. e.g. colour - coded kitchen cloths; food preparation implements are not used for any other purpose. • Food is not used as an incentive or reward throughout the day.
<p>Cooking with children</p>	<ul style="list-style-type: none"> • Before cooking activities, all children and adults wash and dry their hands thoroughly. • As directed by department policy, peanuts, tree nuts or any nut produce are not used in any cooking activity (this does not include foods labelled as 'may contain traces of nuts'). Additionally, any ingredient for which a currently enrolled child has a known allergy, intolerance or is at risk of anaphylaxis for, is not used. • Children who have had vomiting or diarrhea do not participate until they have been symptom - free for 48 hours. If the preschool has recently had, or is currently experiencing, an outbreak of gastrointestinal disease, no cooking activities are held.

Record of procedure's review

Date of review and who was involved

16/8/21- Kristyn Drewe, 17/9/2021- Christine Hayes, 02/09/2021-Zoe Lantry, Alexis Scott, and Jodie Holt

Key changes made and reason/s why

Procedure updated and in the new format in line with the Leading and Operating Department Preschool guidelines; update and reviewed due to current lockdown and restrictions.

Record of communication of significant changes to relevant stakeholders