



Stockton Public School Preschool Procedure

Nutrition, food and beverages and dietary requirements

Reviewed: 19 March, 2019

Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	Preschool Handbook reference	School policy or procedure, where applicable
<u>Regulation 168 (2)(a)</u>	<p>The following department policies and relevant documents can be accessed from the preschool section of the department's website;</p> <ul style="list-style-type: none"> Nutrition in Schools Policy PD/2011/0420/V01 	34-35	Crunch and Sip
<p>Resources also accessible through the preschool section of the department's website;</p> <ul style="list-style-type: none"> 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 			
<ul style="list-style-type: none"> risk management plans will be developed for children with anaphylaxis to reduce exposure to known allergens the children's special dietary needs information is collected during the enrolment process and then communicated to all educators How the education program promotes healthy eating and good food habits. Role model healthy eating and activity throughout the day to all children and families; 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 Support families in educating their children about healthy food choices. Families are provided with nutritional information. 			

- Provide education and activities for families and children to promote healthy eating. Provide this information in the relevant community languages, where possible, or discuss the issues with the culturally and linguistically diverse families.
- Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating
- Implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity
- Choose food awareness activities and experiences from a variety of cultures.
- Food awareness activities and discussions about food, different cultures, health, hygiene and nutrition will be included across the curriculum (art/craft, language, music, dramatic play, cooking etc.
- Educators provide a positive healthy eating environment
- Provide a friendly, relaxed and comfortable environment that will help to achieve a stress-free meal time for both children and educators. Meal time (fruit break and lunch) is a time for encouraging healthy and safe eating practices, socializing and learning.
- 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 clean at all times.
- Understanding, respecting and handling eating behaviour of children (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.
- Process to be taken if a child's packed lunch contains unhealthy or junk foods Information on healthy food and nutrition will be given to families on enrolment, and regularly throughout the year in articles in the newsletter, notes and brochures sent home.
- Advise parents on the minimum quantities of food that need to be provided to children while in care. The specific needs of children three to five years old need to be specified.
- Provide 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, cultural and religious background,
 - are of a variety and quantity that satisfies the child's appetite and interests,
- Provide feedback to parents if their child is not eating well.
- Promote principles of safe food handling and storage of food brought from home. Families are encouraged to use insulated lunch bags with freezer packs.

- Steps are taken to ensure drinking water is always accessible to the children by individual drink bottles being accessible to 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.
- Perishable items in the children's lunches remain chilled as parents bring them to school in freezer bags with ice packs and place them in the refrigerator.
- Procedures for preparing food in a safe and hygienic manner are always followed.
- Safe hand-washing practices are observed at all times when handling food.
- Present strategies for preventing choking accidents caused by food .
- Children are encouraged to be seated when eating and drinking and are to be supervised at all times.
- The preschool is a NUTAWARE school due to children attending the preschool with nut allergies. This means that families are strongly encouraged to not pack any items of food that contain any kind of nut. If children have nut products present and there is a child with anaphylaxis present in the preschool separate eating arrangements will be made and strict handwashing and table wiping will be followed.
- If cooking activities are included in the program safe food handling procedures, correct handwashing procedures and safe cooking procedures will be followed.
- **ensure all children will have access to safe drinking water at all times. Promote drinking water** for usual drinking requirements, provide safe drinking water to children and educators at all times, and **ensure children have adequate fluid intake** during their care. (Be aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill)
- **Promote development of eating skills and independent eating by** giving children control over how much they eat
- **Provide a positive eating environment that helps to communicate family and multicultural values by:**
 - encouraging families to send a wide range of nutritious food that would represent theirs or other cultures
 - ensuring food is not offered as punishment or reward,
 - providing information to families outlining the preschool's policies and approaches taken to meet the nutritional needs of children through food brought from home, including special dietary needs, culture and religion
- **Form a collaborative partnership for developing policies, practices and education** with children's families and nutrition and health professionals. Jm,JH ,FM march 19 2019

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