



# Dubbo West Public School Preschool

## Procedure: Food and Nutrition

### Links to relevant legislation:

Regulation 168 (2)(a)

### Links to National Quality Standard:

Standard 2.2

### Links to EYLF:

Learning outcome 3.2

### Date to be reviewed:

April 2020



### Introduction:

At Dubbo West Public School Preschool we recognise that children need a nutritious, balanced daily diet for their continued physical and intellectual development.

### Aims:

At Dubbo West Public School Preschool we do our best to promote good nutrition and help children and parents to develop good food habits.

### Procedures:

- Staff will discuss the relationship between nutrition, physical fitness and good health with the children on a regular basis.
- Staff will participate in and teach the Munch and Move program.
- Preschool staff will provide a positive and healthy eating environment. They will act as role models, maintain good personal nutrition, eat with the children and encourage independence and social skills at meal times.
- Staff will incorporate information about nutrition in the educational program
- Staff will provide information about nutrition to parents
- Food will not be used as a punishment or reward
- Staff will ensure water is available at all times and that any children that don't bring a drink bottle are able to easily access water. Water or milk may be offered for morning/ afternoon tea, taking into consideration any dietary needs of the children.
- Teachers will provide parents with information about the nutritional needs of young children through posters, displays, newsletters and correspondence. This is with the hope that it encourages parents to send food to preschool that is nutritionally balanced.

- Preschools should be aware of children with allergies and have strategies in place to avoid exposure to known allergens. Special dietary needs (including allergens) should be displayed in food preparation areas.
- Staff also need to consider the special dietary requirements of children from diverse cultural and religious backgrounds. These should also be displayed in food preparation areas so that we ensure that family's wishes are respected.
- Water bottles or plain milk are the only drink that is brought to preschool and if children bring poppers they will be saved in the fridge for home time.
- If children bring lollies, rollups or chocolates to preschool these will also be saved for home time. Staff will speak to families about possible alternatives to support the development of healthy habits.
- We will continue to discuss and encourage healthy eating but also recognise that unhealthy food is better than no food.