



Dubbo West Public School Preschool

Procedure: Food and Nutrition

Education and Care Services National Law or Regulation:

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Links to National Quality Standard:

Standard 2.1

Associated Department Policy, Procedure or Guidelines:

Nutrition in schools policy

Staying Healthy: Preventing infectious disease in early childhood education and care services

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:

- Our preschool families provide their child with food to eat during the day, usually a packed lunch and afternoon tea.
- Flexible time during the morning is provided so that children can eat their fruit when they are hungry.
- There is a designated lunch time and afternoon tea time when the group sit together to eat.
- 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. Teachers that come to cover the lunchbreak are encouraged to bring their lunch with them.

- Staff will ensure safe drinking water is available at all times and that any children that do not bring a drink bottle are able to easily access water. Water bottles are clearly labelled and stored in a drink caddy which allows them to be flexibly moved indoors and outdoors and helps eliminate cross contamination.
- There is a fridge basket out each morning. Parents are encouraged to use this for items from their lunchbox that require refrigeration during the day. There is a marker so items may be labelled with the child's name. We use a thermometer to ensure the fridge temperature remains below 5⁰ Celsius.
- Parents are encouraged to pack an ice brick or frozen drink bottle in their child's lunch.
- A basket of spoons and forks is available at the kitchen door if the students need one.
- Water or milk may be offered for morning/ afternoon tea, taking into consideration any dietary needs of the children. Water bottles or plain milk are the only drink that is brought to preschool and if children bring poppers they will be saved 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.
- 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.
- We will continue to discuss and encourage healthy eating but also recognise that unhealthy food is better than no food.
- Staff will incorporate information about nutrition in the educational program. 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.
- During enrolment and the first few days educators will collect information related to foods a child can not eat for religious or cultural reasons. These are also be displayed in food preparation areas so that we ensure that the families' wishes are respected. When there are events where food will be shared we liaise with the families to ensure their child's health and wellbeing needs are met.
- Preschools should be aware of children with allergies and have strategies in place to avoid exposure to known allergens. Any special dietary needs (including allergens) are displayed in food preparation areas. An individual risk assessment is developed for any children with food allergies or at risk of anaphylaxis. This plan covers :
 - where the child sits to eat
 - how the children are taught not to share food
 - if the lunches of the other children need to be monitored for 'trigger food'
 - how the supervision plan may need to be modified during eating times
- Staff also need to consider the special dietary requirements of children from diverse cultural and religious backgrounds.
- Food will not be used as a punishment or reward.

Cooking experiences:

Educators should be familiar with the food safety guidelines in part 3.5 of *Staying Healthy: Preventing Infectious Disease in Early Childhood Education and Care Services*

- Department policy states that no peanuts, tree nuts or any nut produce cannot be used in curriculum or extra curricula activities (does not include foods labelled 'may contain traces of nuts').
- Staff will avoid using any ingredient for which is a known allergy or intolerance or is at risk of anaphylaxis.

