



Nutrition, Food and Beverages and Dietary Requirements

Reviewed: 20/08/2021 Next Review: Term 3 2022

Education and care services regulation	Regulation 77 Health, hygiene and safe food practices Regulation 78 Food and Beverages Regulation 79 Service providing food and beverages Regulation 168 (2)(a) Education and care service must have policies/procedures
NSW Department of Education policy, procedure or guidelines	The following department policies and relevant documents can be accessed from the preschool section of the department's website ; Nutrition in Schools Policy PD/2011/0420/V01 – Implementation documents include healthy school canteen and sugary drinks fact sheet Anaphylaxis procedures for schools
National Quality Standard(s)	2.1.2: Health Practices and Procedures Effective illness and injury management and hygiene practices are promoted and implemented 2.1.3: Healthy lifestyle Healthy eating and physical activity are promoted and appropriate for each child. 7.1.2: Management Systems Systems are in place to manage risk and enable the effective management and operation of a quality service.
Leading and Operating Department Preschool Guidelines	Leading and Operating Department Preschool Guidelines - staff only Nutrition, food, beverages and dietary requirements pp. 36 - 38
School policy or procedure	Anaphylaxis procedures
Resources	NSW Childhood Overweight and Obesity Data Report: http://www.healthstats.nsw.gov.au/Resources/child-obesity-data-report.pdf 2007 Australian National Children's Nutrition and Physical Activity Survey: https://www1.health.gov.au/internet/main/publishing.nsf/Content/8F4516D5FAC0700ACA257BF0001E0109/\$File/childrens-nut-phys-survey.pdf Munch and Move: https://healthykids.nsw.gov.au/

Introduction

Research shows that by four years of age around 25% of Australian children are already above a healthy weight. In NSW in 2018, more than 1 in 5 children (24%) aged 5–16 years were overweight or obese, of whom 75% were overweight and 25% were obese. The 2007 *National Children's Nutrition and Physical Activity Survey* found that the dietary patterns of many Australian children are less than optimal with high consumption of salt and saturated fat, and low consumption of fruit and vegetables. Early childhood educators have the responsibility to role model healthy eating and encourage young children to make healthier food choices. This will contribute to the prevention of weight problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Aim

Our preschool will:

- Role model healthy eating and activity throughout the day to all children and families;
- Have healthy eating materials available for families in order to support their understanding of healthy food choices.

Implementation

- All educators will have access to NSW Health 'Caring for Children, Nutrition and Fun Activities' and the Munch and move program. The preschool teacher has completed the munch and move training.
- A list of children and their reactive foods will be updated regularly and displayed so that it can be seen by all adults involved in the program. This is especially important when children with anaphylaxis are attending the preschool.

Provision of Food and Drinks at the Service

Oak Flats Public School Preschool will:

- Ensure that all children have access to safe drinking water at all times. Children are required to bring a drink bottle filled with water each day they attend. Jugs of fresh, safe water are available should a child need to refill their drink bottle. A clean drink bottle is filled with water and provided for children who have forgotten to bring their own drink bottle.
- Ensure that all children have access to food and beverages appropriate to the needs of each child on a regular basis throughout the day;
- Ensure that food and beverages provided by the families are nutritious and adequate in quantity, and take each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements into consideration;
- Ensure that educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
- Provide tables and chairs or picnic rugs for the children to eat at/on. Lunch is at 11am and afternoon tea is at 1:30pm. These times follow the school's eating routine.
- Display posters on healthy eating for the children and staff to refer to.

The Nominated Supervisor will ensure that:

- All children have access to safe drinking water at all times;
- All children have access to food and beverages appropriate to the needs of each child on a regular basis throughout the day;
- Educators and staff implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- As per the Medical Conditions Policy, the centre will promote awareness of nut allergies and that all dietary requirements relating to other medical conditions are adhered to as appropriate e.g egg free when a child with egg allergy is enrolled.

Staff and educators will ensure that:



- Healthy eating is promoted through role modeling and eating with the children;
- Children are encouraged to make healthy food choices;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try new foods, and their food likes and dislikes are respected;
- Children are positively involved in mealtimes;
- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- The Preschool remains aware of nut allergies and that all dietary requirements relating to medical conditions are adhered to as appropriate e.g egg free when a child with egg allergy is enrolled.
- Children are taught not to share food with other children.
- Children with known allergies to food sit with the other children. However lunch boxes are monitored for trigger foods.
- They adequately supervise meal times and engage in conversations with the children about healthy food choices and positive eating habits.
- For special events that involve food sharing such as birthdays, children with known food allergies have alternate food supplied by their parents/carer.
- Cooking experiences do not contain any ingredients that are known food allergens. Children involved in the cooking process wash their hands before the cooking and during if they touch their face or a surface. Where possible, cooking utensils are used instead of hands. Staff closely supervise the cooking experience and only have small groups of children at any one time.
- Good nutrition and healthy eating are intentionally taught in the program. Through games, songs, stories and munch and move resources the benefits of healthy eating and drinking are taught and discussed.
- Check children's lunch boxes in the morning for an ice brick and remind families to include one if none is provided.

Families will ensure that:

- Lunch and a snack (afternoon tea) as well as water in a drink bottle are provided for their child/ren each full day they attend preschool. On a half day, only a snack and drink bottle are required.
- The food is supplied in an insulated lunch box that contains an ice brick. The lunch box is kept in the child's bag.
- The food supplied is nutritionally balanced and healthy and contains food from all the food groups.
- They provide the preschool with any information relating to special dietary requirements (cultural and health). This information is displayed as necessary as well as being stored in the child's record.
- They adhere to any requests to not send any known food allergens to the preschool.

Supporting Families

- The service has materials available with up to date information on dietary requirements of young children to ensure optimal growth and development, and provide families with opportunities to discuss ways to maximise the health and well-being of their child/ren.
- At the enrolment interview, families are provided with ideas for healthy lunch boxes. Foods such as sweet biscuits, muesli bars, chips, lollies, fruit bars, sticky foods, flavoured milk and fruit juices are encouraged not to be sent to preschool.
- If lunch boxes are continually unhealthy, staff talk to the parents/carers about healthier options.

Education and Information

- Educators engage children in conversations about healthy eating during mealtimes;
- Implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity;
- Families are provided with current information about recommended guidelines around dietary



requirements, screen time and physical activity.

Food and Nutrition

- When a child with a known food allergy enrolls, the preschool teacher consults with the child's family and principal to develop a risk management plan to avoid exposure to known allergens.
- All preschool children are exposed to healthy eating practices.
- The preschool promotes good nutrition and helps children to develop good food habits. In addition, staff and children discuss the relationship between nutrition, physical fitness and good health.
- Preschool educators provide a positive and healthy eating environment. They act as role models, maintain good personal nutrition, eat with children and encourage independence and social skills at meal times.
- The preschool provides nutritional information to parents. This may be through posters, displays, library information, newsletters and correspondence. This can help encourage parents to send food to preschool that is nutritionally balanced.
- Food is not to be used as a punishment or reward.
- Drinking water is available to the children at all times.
- Special dietary needs (including allergens) are displayed in food preparation areas.

Food preparation and handling

- Any area where food is prepared or stored is to be kept clean and good hygiene and safety practices reinforced throughout all cooking activities. To reduce the risk of exposure to food allergens, staff in the preschools will follow the advice in *Anaphylaxis Procedures for Schools*.
- The following procedures are a good guide for staff when preparing and handling food:
 - wash and dry hands before and afterwards
 - do not handle food when ill
 - cover and seal any cuts or sores
 - wash fruit and vegetables thoroughly
 - replace cutting boards and washing-up cloths on a regular basis
 - use gloves when serving food
 - keep food covered until served