**Ashcroft Public School Preschool Procedure**

**Nutrition, food and beverages and dietary requirements**

**Reviewed: 2020 To be reviewed: 2021**

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| **Education and care services regulation/s** | **NSW Department of Education policy, procedure or guidelines** |
| [Regulation 168 (2)(a)](http://www.austlii.edu.au/au/legis/nsw/consol_reg/eacsnr422/s168.html) | The following department policies and relevant documents can be accessed from the preschool section of the department’s [website](https://education.nsw.gov.au/teaching-and-learning/curriculum/preschool/policies-and-procedures);* Nutrition in Schools Policy PD/2011/0420/V01
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| **Key resources:** |
| Resources accessible through the preschool section of the department’s [website](https://education.nsw.gov.au/teaching-and-learning/curriculum/preschool/policies-and-procedures);* **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**
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| **Procedures:** |
| Provision of food and drinks * Families will provide their child with a water bottle each day, for the child to access as needed. Water in a jug and clean cups will be provided outside for children to help themselves to, if required.
* Families will provide a packed morning tea and lunch for their child each day, or order it from the school canteen.
* Families will be encouraged and supported to provide food and beverages that 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.
* Families will be requested to place a frozen “ice brick” in their child’s lunch box to keep perishable items cool, or place such items in a communal container, to then be placed by an educator in the preschool fridge.
* When a child with a known food allergy enrols, the preschool teacher will consult with the child’s family and principal to develop a risk management plan to avoid exposure to known allergens.
* Food will not be used as a punishment or reward.
* Preschool will have a limited supply of healthy food (e.g. fruit, bread and spreads) in case children are hungry after consuming their own food. Parents will be notified before children are given food, and reminded on pick up that food was supplied by preschool.

**Food preparation and handling*** The preschool kitchen will 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.*
* If preparing food, or during group cooking activities, the following procedures will be followed for 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 tongs or spoons when serving food
* keep food covered until served
* ensure children are not in the kitchen during meal preparation.
* A list of children and their reactive foods and any special dietary requirements will be updated regularly and displayed in the preschool kitchen and casual folder so that it can be seen by all adults involved in the program.

Education and Information* Educators will engage children in intentional learning experiences that are fun and enjoyable and incorporate the *Munch and Move* six key messages around healthy eating
* Preschool educators will provide a positive and healthy eating environment. They will act as role models, maintain good personal nutrition, eat with children and encourage independence and social skills at meal times.
* At morning tea time, children will be encouraged to eat their fruit first.
* If a child’s lunch is particularly unhealthy, the preschool teacher will suggest to the child’s family, alternative, healthy foods.
* The preschool will provide hard copy nutritional information to parents, in the foyer and the preschool handbook. This will support and encourage parents to send food to preschool that is nutritionally balanced.
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