



ASHCROFT PUBLIC SCHOOL

Nutrition, Food and Beverage and Dietary Requirements

Reviewed: 11/2022

To be reviewed: 2023

| Associated National Quality Standards | Education and Care Services National Law or Regulation | Associated department policy, procedure or guideline |
|---|---|---|
| 2.1 | Regulation 78 Regulation 79 Regulation 80 | Leading and Operating Department Preschool Guidelines Nutrition in Schools Policy Allergy and Anaphylaxis Management Within the P-12 Curriculum |
| Pre-reading and reference documents | | |
| ASCIA Guidelines for the prevention of anaphylaxis in schools NSW Food Authority: Children's Services Voluntary Food Safety Template Munch and Move Healthy Eating Resources Australian Dietary Guidelines Eat for Health Website | | |
| Related procedure | | |
| Dealing with medical conditions in children | | |
| Procedure | | |
| Provision of food and drinks | <ul style="list-style-type: none"> Families will provide their child with a water bottle each day, for the child to access as needed. If needed, we have a water filter with both room temperature and cold water in which we refill the children's drink bottles during the day. A trolley is provided for the children to put their drink bottles in on arrival and the trolley is moved to either the indoor or outdoor area, depending on where the children are at the time. 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 enrolls, the preschool teacher will consult with the child's family and principal to develop a risk management plan to avoid exposure to known allergens. Parents are informed that the preschool is <i>nut aware</i> and foods that contain nuts are discouraged. If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are discouraged also. Food will not be used as a punishment or reward. | |

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| | <ul style="list-style-type: none"> • 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 in the afternoon at pick-up that their child was provided with additional food. • The educational program and daily routines explicitly teach and promote healthy food choices. • Educators role model healthy food and drink choices and sit to eat with children, engaging them in discussions about healthy food choices. |
| Food preparation and handling | <ul style="list-style-type: none"> • 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 <i>Anaphylaxis Procedures for Schools</i>. • If preparing food, or during group cooking activities, the following procedures will be followed for preparing and handling food: <ul style="list-style-type: none"> - 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. • The children are asked not to share food with other children. • Special events such as birthday celebrations or class parties which involve the sharing of food are closely monitored to minimise risks of food contamination and the consumption of trigger foods. |
| Education and Information | <ul style="list-style-type: none"> • Educators will engage children in intentional learning experiences that are fun and enjoyable and incorporate the <i>Munch and Move</i> 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 mealtimes. • At afternoon teatime, 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. |

| Record of procedure's review | |
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| Date of review and who was involved | |
| 03/11/2022 | Karen Ali, Sarah Philp, Shayla Rash |
| Key changes made and reason/s why | |
| Sections created to make procedure clearer to follow | |
| Record of communication of significant changes to relevant stakeholders | |
| Procedure displayed in preschool foyer and communicated to staff at staff meeting. | |

Copy and paste a new table to record each occasion the procedure is reviewed.

