

Casino Public School - Djanenjam Preschool

Localised Procedure

Nutrition, food and beverages and dietary requirements

Reviewed: 14/12/201



Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	National Quality Standard(s)	Preschool Handbook reference	School policy or procedure, where applicable
<p><u>Regulation 168 (2)(a)</u></p>	<p>The following department policies and relevant documents can be accessed from the preschool section of the department's website;</p> <ul style="list-style-type: none"> Nutrition in Schools Policy PD/2011/0420/V01 	<p>2.1.2: Health Practices and Procedures</p> <p>Effective illness and injury management and hygiene practices are promoted and implemented</p> <p>2.1.3: Healthy lifestyle</p> <p>Healthy eating and physical activity are promoted and appropriate for each child.</p> <p>7.1.2: Management Systems</p> <p>Systems are in place to manage risk and enable the effective management and operation of a quality service.</p>	<p>Children's Health and Safety</p> <p>Pg. 37 - 39</p>	

Resources also accessible through the preschool section of the department's [website](#);

- 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

Food and nutrition

- 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.
- Anaphylaxis Action Plans with photos are displayed in the kitchen beside the first aid kits and in the admin space. Plans are also placed in the relief teacher and induction folders. Copies of plans are stored in the evacuation backpack located on top of the first aid box in the kitchen. The evacuation backpack is taken with the children whenever they leave the preschool.
- All preschool children will be exposed to healthy eating and food handling practices.
- Families will have access to signs that promote the use of icepacks in children's lunch boxes. The preschool provides these and collects at the end of each day. Children who need to place their insulated lunch box in the fridge are encouraged to unzip the box first.
- The preschool program will promote good nutrition and help children and parents to develop good food habits. In addition, staff and children will discuss the relationship between nutrition, physical fitness and good health.
- 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.
- The preschool will provide 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 will not be used as a punishment or reward.
- Drinking water will be available to the children at all times. Drink bottles are stored in a drink caddy to avoid cross contamination.
- Special dietary needs (including allergens) will be displayed in food preparation areas and administration space.

- Children are taught the concepts of 'everyday' and 'sometimes' foods and what food is appropriate for preschool.
- If there are sometimes foods in the lunchboxes then an educator will chat with the family. Sometimes a note will be placed in the newsletter reminding families about healthy foods options for lunches.
- Educators will have discussions with children about unwanted food. Food scraps are collected.
- Birthdays are for celebrations. When a child celebrates a birthday they share a cake with friends.

Food preparation and handling

- Any area where food is prepared or stored 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.
- Food preparation areas are cleaned with a green cloth only, to avoid cross contamination.
- The following procedures are a good guide for staff when preparing and handling food
 - Staff to wear gloves when handling foods.
 - 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 do not have access to kitchen

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| | <ul style="list-style-type: none">• 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. |
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