



FLAXMILL PRESCHOOL

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy 1: Nutrition, food and beverages and dietary requirements

Policy Statement

Flaxmill Preschool recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in their care. This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

The service is committed to implementing the Right Bite policy in line with the National Quality Standards which ensure that every child's health and wellbeing is safeguarded and promoted in Early Childhood Settings, as well as supporting the National Healthy Eating Guidelines as outlined in the Get up and Grow resources.

Further, Flaxmill Preschool recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

This policy aims to:

- Promote healthy food and drinks based on the Right Bite Ready Reckoner.
- When providing food to children ensure that it has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.
- Provide a positive eating environment which reflects cultural and family values.
- Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices.
- Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service.
- Encourage environmentally friendly food storage and packaging.

Flaxmill Preschool Procedures:

Promote healthy food and drinks based on the Right Bite Ready Reckoner.

Where food is brought from home:

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes. (See Lunchbox Guidelines for Families)
- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- Encourage families to pack an ice brick/cool pack in their lunch boxes especially on hot days to assist with keeping food items cool.
- Discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, chips, muesli bars, breakfast bars and fruit filled bars.
- Encourage children to bring their own labelled drink bottle with water from home.
- Provide fresh, clean filtered tap water for children to drink throughout the day if they do not have their water bottle or need to refill their bottles.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- Ensure all students with nut allergies are protected by promoting an **allergy aware environment.**
- Encourage families to be aware of products that contain and avoid packaging these. These products include: peanut butter, Nutella, sesame seed bars, fruit and nut bars, chocolate and any other products that have nuts listed in their ingredients. This does not include products that contain the warning "may contain traces of nuts".
- Encourage and support all children remain seated while eating and drinking.
- Always supervise children while eating.
- Encourage and provide opportunities for all staff to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.

When food is provided to children ensure that it has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.

- Ensure children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Store and serve food at safe temperatures i.e. below 5°C or above 60°C.

- Make certain separate cutting boards are used for raw meat and chicken and utensils and hands are washed before touching other foods.
- Children will be discouraged from handling other children's food and utensils.

Provide a positive eating environment which reflects cultural and family values

- Ensure that educators sit with the children at lunch and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Encourage children to try different foods but do not force them to eat.
- Do not use food as a reward or withhold food from children for disciplinary purposes.

Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices.

- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating in line with the Early Years Learning Framework and the NQS.
- Encourage children to participate in a variety of 'hands-on' food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices such as the Eat a Rainbow Program.

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service.

- Provide a copy of this policy on families request and Lunchbox Guidelines to all families upon orientation at the service. Families will be provided with opportunities to contribute to the review and development of the policy.

- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children’s individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children’s lunchboxes. This information may be provided to families in a variety of ways including newsletters, during orientation, information sessions and informal discussions.

SUPPORTIVE RESOURCES

Publication Date	June 2022	Review Date	June 2023
Related Policies, Procedures, Guidelines, Standards, Frameworks	<p>National Quality Standard 2.2.pdf</p> <p>Regulation 168 (2)(a)(i).pdf related key regulations: 77.pdf, 78.pdf, 79.pdf, 80.pdf Note: Regulation 79 and 80 do not apply to food and beverages provided by a parent.</p> <p>The Early Years Learning Framework for Australia.pdf</p> <p>The Right Bite ready reckoner.pdf</p> <p>Australian Dietary Guidelines (2013) https://www.eatforhealth.gov.au/</p> <p>Staying Healthy 5th edition.pdf Preventing infectious diseases in early childhood education and care services (Section 3.5 Food Safety)</p> <p>Healthy eating for infants, children and teenagers https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers</p> <p>Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood resources https://www.health.gov.au/resources/collections/get-up-grow-resource-collection?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation</p>		

	<p>Nutrition resources for children under 5 https://www.wch.sa.gov.au/patients-visitors/children/care-and-support/nutrition-for-children/general-nutrition-for-children</p> <p>Eat for health Educator Guide Eat for health educator guide (2013).pdf</p> <p>Healthy Eating Resources https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+living+resources</p> <p>Oral eating and drinking procedure Oral eating and drinking procedure (edi.sa.edu.au)</p> <p>Supporting children and students with anaphylaxis and severe allergy Supporting children and students with anaphylaxis and severe allergies (education.sa.gov.au)</p> <p>Eat a rainbow https://nutritionaustralia.org/fact-sheets/eat-a-rainbow/</p> <p>https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+eating/healthy+eating+at+different+ages+and+stages+of+your+life/healthy+eating+for+kids+and+teens/eat+a+rainbow+resources</p> <p>Lunch Box Guidelines for Families 2022.docx</p>
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Endorsed by Staff and Governing Council June 2022

Policy review: This policy will be reviewed annually and/or as required based on department policy updates and/or advice.