

WOODSIDE PRESCHOOL



Healthy Food and Nutrition Policy

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NUTRITION- Policy Statement

We encourage healthy eating at Woodside Preschool so children will grow up with a sound knowledge of good nutrition and diet.

As part of our commitment to children's health, safety and wellbeing, we role-model food safety and hygiene practices, as well as supporting healthy food and beverage choices according to each child's needs.

The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place in relation to nutrition, food and beverages, and dietary requirements.

Principles

- We prioritise children's health, safety and wellbeing. This includes safe practices for handling, preparing and storing food, as well as providing food and beverages that are nutritious and adequate in quantity, and chosen based on each child's dietary and medical requirements. When necessary health care professionals are engaged in the development of health care plans to meet individual needs.
- We promote a healthy lifestyle, including healthy eating and physical activity. We support children and families' understanding about the importance of nutrition and food choices. The availability of non-recommended foods (foods which fall into the RED category) are limited to a maximum use of twice a term. We value our families and their cultures, customs and religious traditions. We work with them to ensure that the food and beverages we provide to their children reflect their preferences. The centre complies with food safety legislation and is subject to inspections.
- We incorporate children's agency and decision-making into our educational program. We plan meal times and other food-related experiences that enable this.
- To support family partnership and the sharing of knowledge the Healthy Eating Policy is available via the website.

At Woodside Preschool children's learning about food and nutrition is supported by the curriculum document Early Years Learning Framework (EYLF). Our learning program provides a range of opportunities to develop awareness and skills in growing, preparing, cooking and tasting a variety of foods.

FOOD AND BEVERAGE

Children eat at routine times to support good eating habits. Children have opportunities for morning fruit, lunch and afternoon fruit. Lunch is in a supervised social environment to support good health and wellbeing habits. Children learn social interaction skills, personal hygiene, food selection, manners, time management and mindfulness during this time.

We promote the daily consumption of fresh fruits and vegetables by providing opportunities for 2 regular fruit/vegetable snack breaks through the day. Fruit time is a social gathering where children are supported to participate in recycling and hygiene practises and incidental discussions on healthy eating options. Children access their fruit independently during the session, when they feel hungry and are regularly reminded to have their fruit.

During the afternoon children also have the opportunity to finish off any lunch they may still have in their lunchboxes.

We recognise that children's learning is highly supported when both home and preschool work in partnership and take mutual responsibility for children's learning. *Our Healthy Food and Nutrition Policy is aimed at providing clear instruction for staff and families in supporting children's health and wellbeing and we request that parents support this framework.*

Fresh fruits and vegetables-fruit snack

Cut or prepared for easy eating (if necessary, according to children's needs).

Appropriate size or quantity to reduce wastage.

Lunchtime

Lunchtime is a significant part of a child's full day attendance and we ask that parents/carers provide healthy food options for their child's lunch box.

Foods we recommend include:

Fresh fruits/vegetables	Dry savoury biscuits
Cheese	Dried fruit
Yogurt	Fruit muffins/cakes
Pikelets	100% Fruit Straps

Sandwiches with healthy filling

Raw Cacao is able to be sent in lunchboxes (usually in protein balls etc), but please add a brief note to ensure staff know the ingredients and don't mistake it for chocolate (which is not allowed).

Foods we do not recommend:

Fruit roll ups	Iced cakes
Chips	100s & 1000s

Foods not allowed:

All confectionary (chocolate and lollies)

Nuts (allergy aware centre)

Children are asked not to share food at preschool to avoid possible health risks and allergies.

Additional snacks (provided by the preschool)

At times (e.g. excursions, cooking activities, longer preschool days, special events) staff may provide additional nutritious snacks in line with the guidelines in this policy.

When this occurs, a menu will be displayed at the sign in table which accurately describes the food (or beverage) being provided. When this is a spontaneous activity a menu will be available at pick up time.

Drinks

Please provide water only.

Children at Woodside Preschool are encouraged and supported to access fresh water throughout their preschool day. Staff encourage the regular consumption of water as part of the play, fruit and lunch routines.

Fresh water is always available. We have a filter tap in the kitchen and regularly check children's drink bottles and top them up as needed. We have spare drink bottles available for children who may not have one.

Cordial, juice, milk drinks and soft drinks are not to be sent to preschool (unless required and documented on an individual support plan).

DIETARY REQUIREMENTS

Woodside Preschool is an Allergy Aware centre and we have ***an Allergy (and anaphylaxis) Aware Policy*** in place as well as a ***Medication Management Procedure*** which supports staff when dealing with medical conditions.

We actively support the inclusion of children with food allergies and intolerance and other dietary requirements.

The policy states:

In order to protect children with allergies to peanuts and similar nut products, our Allergy (and Anaphylaxis) Aware Policy states that no food containing nuts should be brought into the centre.

Products that contain nuts include peanut butter, Nutella, fruit and nut bars, chocolate bars and any other product that have nuts listed in their ingredients. This does not include products that contain the warning 'may contain traces of nuts.'

At times it may be necessary to make other adjustments to accommodate the health requirements of individual children.

All children with specific health needs have the required Health Support and Risk Minimisation plans completed on enrolment.

Special occasions

At Woodside Preschool children have a healthy fruit break every day that is sporadically supplemented with cooking activities. We aim to help children learn that if we have regular healthy eating habits, additional foods can be eaten in moderation.

Children's birthdays are celebrated with the "Happy Birthday" song and a card. Please do not send birthday cakes to preschool.

SAFE HANDLING OF FOOD

At Woodside Preschool parents are primarily responsible for the provision of food for their children. Each day families provide 2 fruit snack and lunch for their own child.

Fruit remains in children's bags. To avoid any cross contamination, soiled clothes are kept in a sealed bucket, away from children's bags.

Lunch boxes are stored in a large box inside (this enables them to be moved into cooler areas on hot days). Due to limited fridge space parents are encouraged to provide an ice pack with lunch boxes and use insulated bags where possible.

When food is prepared or provided on site, staff are aware of safe handling procedures.

- Hands are washed with soap and water and then sanitised before handling any food
- Food preparation area (including tables where food will be consumed) are cleaned and sanitised before and after use
- Gloves are worn when handling food
- Tongs are used for serving food
- Staff members are encouraged to engage in Food Handling Training (e.g. <https://dofoodsafely.health.vic.gov.au/index.php/en/>)
- Food Handling procedures can be found in the Food Safety folder in the kitchen

The development of this policy has been guided by the Nutrition, Food and Beverages, Dietary Requirements (ACECQA Policy Guidelines <https://www.acecqa.gov.au/sites/default/files/2021-08/NutritionFoodBeveragesDietaryRequireGuidelines.pdf>)