

Casino West Public School Preschool

Localised Procedure



Nutrition, Food and Beverages and Dietary Requirements

Reviewed: 24/08/2021 Next Review: 24/08/2022

Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	National Quality Standard(s)	Preschool Guide reference	School policy or procedure, where applicable
<u>Regulation 168(2)(a)</u>	The following department policies and relevant documents can be accessed from the preschool section of the department's website : Nutrition in Schools Policy PD/2011/0420/V01	2.1.3: Healthy Lifestyle Healthy eating and physical activity are promoted and appropriate for each child.	Pages 49	

➤ **Food and Nutrition**

- All preschool children will be exposed to healthy eating practices.
- The preschool program will promote healthy 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 families with nutritional information and healthy lunch options. This may be through posters, displays, library information, newsletters and correspondence. This is to encourage parents to send food to preschool that is nutritionally balanced.
- Parents and families are provided with healthier food options within the enrolment pack and at the Family Partnerships meeting, the benefits of water and healthy food options are discussed. The foyer is used to present information in pamphlets. Posters are displayed at the children's lockers and on the surrounding walls. The daily note pockets ensure parents receive current nutritional information. Class Dojo is used to show how health and nutrition makes our jarjums grow strong and can actively seek to engage in physical activity.
- Food will not be used as a punishment or reward.
- Drinking water will be available to the children at all times.
- Children are encouraged to bring their own drink bottles and place them in the portable drink carriers on arrival. Children who do not bring a drink bottle will be provided with a spare drink

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bottle or cup filled with filtered water from preschool.

- Educators promote to families that water as the drink of choice in the preschool. Posters stating this are around the Casino West Public School Preschool.
- Children's drink bottles are refilled with cold filtered water when required.
- Special dietary needs (including allergens) will be displayed in food preparation areas.
- The preschool program will promote good nutrition and help children and parents to continue to develop positive food habits. In addition, staff and children will discuss the interrelationship between nutrition, physical fitness and good health.
- Food arriving at the preschool will be appropriately packaged in containers or lunch boxes that are clearly labelled. Food will be stored at safe temperatures. Educators ensure children use an ice brick provided for their lunch boxes. If a child wants to place their lunchbox in the fridge educators ensure that insulated lunch boxes are unzipped and slightly open before placing on the bottom shelf of the fridge.
- A non-mercury thermometer is kept in the fridge to maintain temperature at 5 degrees celsius or below so chilled food reaches the correct temperature.
- Staff will use meal times as opportunities to actively teach about nutrition and engage them in discussions about healthy choices.
- Eating times will be flexible to accommodate the needs of children. Children are able to eat when they are hungry. Educators will talk with children about everyday foods and sometimes foods to encourage children to eat healthiest options. Healthy lunchbox signs are displayed for families near the locker spaces.
- Children will wash their hands before handling food or eating meals and snacks.
- Culturally specific nutritional needs and practices will be included into these procedures, as required. Parents and preschool educators will discuss and collaborate to support the needs of the child.

➤ **Medical Conditions**

- If children have a known food allergy, parents will communicate this to preschool educators at their enrolment interview or when the allergy is discovered.
- All children with identified anaphylaxis and allergens will have an individual action plan, risk minimisation plan and a communication plan developed in consultation with families and medical professionals.
- Individual actions plans (including allergens) will be displayed with child photos in the food preparation areas.
- A list of children and their allergies 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.

➤ **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

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in *Anaphylaxis Procedures for Schools*.

- The following procedures are a good guide for staff when 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 colour coded chopping boards according to the food group. Posters of which chopping board to use for each food group are displayed in the food preparation area of the kitchen.
 - use tongs or spoons when serving food
 - keep food covered until served
 - ensure children are not in the kitchen during meal preparation.
- Preschool educators to use single use gloves when handling children's food.
- Preschool educators to use different gloves, knives, forks, spoons, cutting boards if allergies are known.
 - Children to wash hands with soapy water before meals.
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 - To encourage children to only eat food from their own lunch box/bag.
 - To refrigerate food that has been prepared at home for the child. Adding a cold ice brick to the child's lunch box is an alternate option for keeping foods fresh.
 - Inside lunch tables will be washed down after use with diluted dishwashing detergent using a red cloth.
 - The kitchen benches will remain clean and uncluttered and used only for food preparation. Cloths are to be used in kitchen area and on kitchen benches.
 - Coloured cloth charts are located on the walls around the preschool to indicate the correct colour cloths and the areas in which they are to be used. Educators, children and visitors to the preschool will adhere to these at all times.