

NUTRITION AND FOOD SAFETY POLICY

As per Education and *Care Services National Law and Regulations*, our Preschool has a nutritional and food safety policy and procedures in place to ensure quality practices relating to nutrition, food and beverages and dietary requirements are followed at all times.

Our Preschool recognises the importance of safe food handling and healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our preschool. We acknowledge that the early childhood setting has an important role in supporting families in healthy eating. Our Preschool therefore recognises the importance of supporting families to provide healthy food and drink to their children.

We are committed to implementing the healthy eating key messages outlined in the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. We support and promote the NSW Health initiative *Munch & Move* and utilise the Australian Government's *Get Up & Grow-Healthy Eating and Physical Activity for Early Childhood* and *Eat for Health* resources.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
160	Child enrolment records to be kept by approved provider and family day care educator

162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures
170	Policies and Procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

RELATED POLICIES

Administration of First Aid Policy Child Safe Environment Policy Control of Infectious Diseases Policy Enrolment Policy Excursions / Incursions Policy	Family Communication Policy Governance Policy Health and Safety Policy Incident, Injury, Trauma and Illness Policy Medical Conditions Policy Multicultural Policy
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PURPOSE

Early childhood education and care (ECEC) Services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that our preschool partners with families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with chronic adult conditions such as obesity, type 2 diabetes and cardiovascular disease.

Our Preschool recognises the importance of healthy eating for the growth, development, and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in preschool. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children, as we commit to implementing and embedding the healthy eating key messages outlined in the NSW Health's *Munch & Move* program into our curriculum and to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources.

SCOPE

This policy applies to children, families, staff, teachers, educators, visitors, and management of the preschool.

AIMS

- Role model healthy eating and activity throughout the day to all children and families
- Promote healthy eating education in accordance with the *National Healthy Eating Guidelines for Early Childhood Settings outlined in Get Up & Grow and physical activities Munch & Move*
- *To supervise and assist children in consuming healthy foods and drink.*
- *To provide a positive eating environment reflecting family and cultural beliefs*
- *To teach children about food and nutrition – everyday foods and sometime foods*
- *To communicate with families and educators regarding nutrition and eating*
- *To ensure the health and safety of children in relation to food at Preschool*

IMPLEMENTATION

1: to supervise and assist children in consuming healthy food & drinks.

- The preschool will provide families with information on preferred food and drinks to pack in their child's lunchbox. This information will be provided in the Newsletter/Story Park App and on posters displayed at preschool.
- We ask families to pack a water bottle for their child to access throughout the day, children will be encouraged to drink water throughout the day- at transition times, after outside play or physical when it is hot at mealtimes.
- Educators will encourage children to eat their healthy more nutritious foods first (sandwiches, fruit, vegetables, yogurt, sushi, etc) before their sweeter or saltier snack foods.
- Ideas for lunchbox foods will be made available to families: through posters from Munch & Move snippets, recipes in our preschool Newsletters.
- Celebrations or special occasions involving food may be celebrated with culturally or traditionally appropriate foods limiting amount and type: Birthdays, and other celebrations. Educators will support this by discussing with children "sometimes" foods as part of the educative program.

2: to provide a positive eating environment reflecting family and cultural values.

- Educators will be present and interactive with children during mealtimes, using these parts of the day as teachable moments, focusing on the development of healthy eating habits, and socially and culturally appropriate behaviours.
- A friendly, relaxed, and comfortable environment will help to achieve a relaxed mealtime, focusing on eating as well as socialising and learning.
- Food is never used as a form of punishment.
- Cultural differences will be recognised, nurtured, and celebrated.
- 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.
- not use food as a reward or withhold food from children for disciplinary purposes.

3: to teach children about food and nutrition.

- Food awareness activities will be programmed.
- Food awareness activities will encourage children to develop a range of skills as well as their knowledge of food. Introduce children to the food types and how food powers our bodies and keep us healthy and growing.
- Educators will be positive role models in all aspects of nutrition and hygiene, in relation to what they eat and drink when with children.

4: to communicate with families and educators regarding nutrition and eating.

- A copy of the Nutrition and Food Safety Policy will be made available to families and educators at the preschool. The policy will be available to read on the Preschool website, Story Park and at the office.
- Families are invited to contribute to the update of this policy.
- Families are encouraged to provide nutrition recipes to add to our Newsletter.
- No food is heated at preschool- lunchbox food only -preparation for school – families are asked to check that their child can open and close their lunchbox by themselves, along with their water bottle. (School readiness skill)

5: To ensure the health and safety of children in relation to food at Preschool.

- Healthy eating is promoted through role modelling and eating with children.
- Children are encouraged to make healthy food choices.
- All mealtimes are positive, relaxed, and social.
- Children are positively involved in mealtimes.
- Educators will adhere high quality practices around safe food handling and storage.
- Ensure that all children always have access to drinking water (drink bottles).
- Ensure that all children can access food and water on a regular basis throughout the day.
- Children and educators will wash their hands before handling food or eating meals or snacks.
- Educators will always wash and dry their hands before handling food. Gloves and tongs are used when handling food to serve a group of children or adults. Gloves should be worn when helping children unwrap their food or peel fruit (bananas etc) educators will wash & dry their hands before putting on gloves.
- Children will be discouraged from sharing other children's food at mealtimes within preschool.
- Children will be encouraged to 'swish and swallow' with water after eating with the educative focus on dental health.
- All families will agree to comply with the Preschool Anaphylaxis Policy. Any food that obviously and evidently contains nuts must not be sent or brought to preschool.

APPROVED PROVIDER/ MANAGEMENT/ NOMINATED SUPERVISOR WILL:

- ensure teachers and educators are aware of their responsibilities and obligations under the Education and Care Services National Law and National Regulations in relation to this policy and relevant procedures to ensure awareness of safe food handling practices while promoting healthy eating.
- ensure new educators are aware of food practices and procedures as outlined in this policy during induction and orientation.
- consult with families on enrolment to develop individual management plans, including completing Risk Minimisation Plans for children with medical conditions involving food allergies, food intolerances and special dietary requirements as per *Medical Conditions Policy*
- ensure children's individual dietary requirements as per enrolment information or medical condition plans are communicated to all teachers & educators.

Communicating with families

Our Preschool will

- a copy of the *Nutrition and Food Safety Policy* is available to all families at the Preschool.
- provide opportunities for families 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 Preschool 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 Preschool 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 factsheets, newsletters, during orientation, information sessions and informal discussion.

Source

Australian Children's Education & Care Quality Authority. (2014).

Australian Children's Education & Care Quality Authority. (2021). *Nutrition, food and beverages, dietary requirements Policy Guidelines*.

Australian Government Department of Education, Skills and Employment. *Belonging, Being and Becoming: The Early Years Learning Framework for Australia*. (2009).

Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines*

<https://www.eatforhealth.gov.au/guidelines>

Education and Care Services National Law Act 2010. (Amended 2018).

[Education and Care Services National Regulations](#). (2011).

Food Act 2003

Food Regulation 2015

Food Safety Standards (Australia only). (2015):

<http://www.foodstandards.gov.au/industry/safetystandards/Pages/default.aspx>

Food Standards Australia and New Zealand Act 1991

Food Standards Australia New Zealand. (2016). *Safe Food Australia – A guide to the food safety standard (3rd Ed.)*:

<http://www.foodstandards.gov.au/publications/Pages/safefoodaustralia3rd16.aspx>

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Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Framework. (2017). (amended 2020).

National Health and Medical Research Council. *Australian Dietary Guidelines 2013*):

<https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>

National Health and Medical Research Council. Department of Health and Ageing. *Infant Feeding Guidelines*. (2013):

https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

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National Health and Medical Research Council. Eat for health: <https://www.eatforhealth.gov.au/>

NSW Food Authority: <http://www.foodauthority.nsw.gov.au/>

NSW Government. Healthy Kids. (2019). Munch and Move: <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>

Revised National Quality Standard. (2018).

The Australian Dental Association: <https://www.ada.org.au/Home>

The Department of Health. Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book: 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

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011.

Childcare Centre Desktop policies & procedures

REVIEW

POLICY REVIEWED BY	Maxine Smith	Nominated Supervisor	February 2023
POLICY REVIEWED	MAY 2022	NEXT REVIEW DATE	MARCH 2023
MODIFICATIONS	<ul style="list-style-type: none"> policy updates 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE
OCTOBER 2021	<ul style="list-style-type: none"> Policy reviewed and included suggested guidelines from ACECQA Nutrition, Food and Beverages, Dietary Requirements Policy Guidelines (August 2021) Additional sections added for AP, Management, NS and Educator and food handlers 		MAY 2022
MAY 2021	<ul style="list-style-type: none"> minor editing inclusion of cultural or religious dietary practices sources checked for currency 		MAY 2022