

<b>Nutrition Policy</b>	<b>Date : September 2009</b>
<p><b>Source:</b> Health &amp; Children's Safety in Children's centres Model Practices and Procedures.</p> <p><b>Resources:</b> Caring for children: Food, Nutrition and Fun Activities, Bunney &amp; Williams, 3<sup>rd</sup> ed, 1996; Food Safety Fact Sheets, Food Standards Australia New Zealand at <a href="http://www.foodstandards.gov.au/">www.foodstandards.gov.au/</a> ; Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers, NHMRC, 2003 at <a href="http://www.nhmrc.gov.au/publications/">http://www.nhmrc.gov.au/publications/</a>; Nutrition in Aboriginal and Torres Strait Islander People, NHMRC,2000; Nutrition Standards for Child Care Programs, The American Dietetic Association, 1999.</p>	<p><b>Signed/Dated</b></p> <p><b>Licensee:-</b></p> <p><b>Authorised Supervisor:-</b></p> <p><b>Date for review:-</b></p>

**Aim:**

Shoalhaven Community Pre-School aims to provide a healthy, economical and friendly environment that promotes a safe and nutritious diet. We will also provide food and nutrition education that is consistent with national dietary guidelines for children, state regulations, food safety principles, and that is appropriate to their age, cultural background, religion or medical needs

**Explanation:**

Children in their first five years of life are developing rapidly and require a nutritious and safe diet for their intellectual, behavioural and physical development. Education and fun learning experiences in relation to healthy eating is also important for children's development.

**Relevant Legislation:**

Children's Services Regulations 2004 (NSW); Occupational Health and Safety Act 2000 and Regulations 2001 (NSW); Food Act 1089 (NSW)

**Implementation:**

Nutrition Requirements

- At Shoalhaven Community Pre-School parents are required to provide morning tea and lunch for their child
- Shoalhaven community Preschool is a nut free preschool. It is essential that products containing any sort of nut, peanut, pine nut or tree nut are not included in lunches. Common sauces of nuts that must be avoided include peanut butter, nut bars and loafs and satay sauces.
- Morning tea and lunch should consist of nutritious foods sufficient for each child's appetite including: sandwiches - fruit - yogurt- cheese- dip - crackers- meat - salads (see extensive list following policy)
- Lollies, chocolate, sweet biscuits, chips and those foods listed on the information sheet are not allowed at pre-school as these types of foods are of poor nutritional value and are discouraged as everyday foods.

- A list of everyday foods that are suitable at preschools is provided along with treats for home or special occasions at preschool.
- Shoalhaven Community Pre-School will provide drinks for the children. Cows milk will be provided with one meal with an option of water. Parents can provide a plain non dairy milk alternative if they prefer. Water will be available at all times. Parents are asked to provide a water bottle each day and be responsible for washing it.
- We ask that all food be in a container with a lid or reusable wrap or paper bag to reduce food packaging waste. We ask parents to take up the “nude food” challenge that embraces mostly unprocessed foods and limited packaging.
- Birthdays are an important social occasion for many children. Birthdays can be celebrated in a variety of ways, including parents providing a traditional birthday cake, cup cakes, muffins, fruit platter or a non food treat such as balloons or stickers to share.
- Children who have food allergies or special dietary needs may provide an suitable alternative treat provided by their parents. Shelf stable or baked goods that can be frozen and defrosted in single portions as needed are best. (eg Gluten or dairy free cup cake).

### **Parent/ Educator Communication**

Shoalhaven community Preschool is a” munch and move” service supported by NSW Health. Staff will promote the importance of a healthy diet by providing parents with direction on suitable food to pack for their children and also by providing information on enrolment and throughout the year through the use of:

- Newsletters
- Centre information book
- Posters and leaflets
- Discussing issues with parents
- Food lists of appropriate choices

### **Eating Environment**

Educators aim to provide an eating environment that is relaxed, hygienic, developmentally appropriate and assists in the transmission of family and cross cultural values by implementing a regular mealtime routine that involves:

- ensuring children wash hands before eating meals or snacks
- children sit to eat at all times
- children will have the option to choose when they eat with broad time frames as a roving morning tea and lunch. This routine helps to meet the individual needs of children’s appetites and eating speed
- meal times being social experiences where children are encouraged to talk to peers
- children eating their own packed food from home
- encouraging children to be independent at all times
- recognising and accepting cross cultural differences
- celebrating special occasions with culturally appropriate foods
- inviting parents to at least one food occasion each year

- choosing food awareness activities from a variety of cultures
- emergency food will always be available
- parents will be advised if children are not eating well
- children sorting their scraps into rubbish and organic food to be composted or fed to chickens and worms

**Educators will facilitate the development of appropriate eating skills and behaviour by**

- sitting with children at meal times
- modelling appropriate skills and behaviour
- giving individual attention and direction as required

**Educators will promote the need for a safe and hygienic eating environment by -**

- ensuring tables and mats are clean
- storing and serving food at safe temperatures, utilising refrigerators in each room as well as esky's while in the out door environment.
- providing clean cups for each child
- clearly identifying individual drink bottles and lunch boxes
- having food allergies and action plans posted on the fridge in each room and kitchen
- having all educators hold a first aid certificate to act in case of choking or allergic reaction, including epipin training.

**Educators will educate children about food and nutrition through -**

- exposure and familiarity with healthy food experiences
- social modelling by peers and adult role models
- involvement of parents and families in food experiences
- a positive social environment where children eat mostly in small groups
- providing activity-based teaching strategies eg "The food cycle" \*growing food \* processing food \* buying food \* preparing food \* eating food \* recycling food
- a cross curricula approach eg maths concepts - measuring, dramatic play - restaurant, Language - very hungry caterpillar, Fine and gross motor skills - food prep and gardening
- discussing everyday and sometimes foods

**Educators will plan for food allergies by**

- checking enrolment forms
- printing food allergy lists to be displayed in rooms, kitchen and in roll books
- being aware of allergies when planning cooking experiences
- working with families to provide alternatives when necessary
- ensuring that children do not share food

# Shoalhaven Community Preschool Food List

**Please note:** Children require simple and nutritious foods to refuel while at preschool. Our policy promotes good health, reduces packaging, cost, risk of nut products and competition between children. If you are having any difficulties please chat to the educators.

<b>YES FOODS: Suitable for preschool</b>	<b>NO FOODS: Treats for home and special occasions</b>
Crackers: Jatz, Ritz, Rice, Water, grain and savory biscuits	No Chocolate of any form eg: NO Nutella, choc custard or biscuits
Crisp Breads: Vita Wheat, Salada, Sao, gluten free deli crisp bread, cruskits, rice cakes	Muesli Bars / Breakfast Bars
Healthy breakfast cereals - Container of Cornflakes / Weetbix / Vitabrix- we can add milk at preschool	No sugar coated / sweet breakfast cereals
Raw Veggies: cut up celery, carrot, capsicum, cucumber, tiny tomatoes or a salad (with meat and cheese)	Roll Ups, Fruit Sticks
Pieces of Cheese, chicken, ham, cold roast meat slices, chicken leg	No flavoured Dairy Desserts
Fruits of all kinds : Fresh / Dried / Tin We can cut up fruit if needed, slinky apples available	No sweet Biscuits, cream biscuits or sugar covered biscuits or Iced Cakes
Yoghurt – Plain or Real Fruit Only Custard-Plain	NO Lollies / Sweets / Fruit Fingers
Fruit Health Loaf, un- iced banana bread, carrot loaf	Chips, corn chips, twisties
Bread, pita bread, wraps, fruit or Raisin Bread	Nuts, peanuts, pine nuts tree nuts NO PEANUT BUTTER
Left Overs - e.g. rice / pasta dishes (in microwave safe container for re-heating)	No Jelly
Plain Popcorn, Plain biscuits or grain biscuits	No cordial or soft drink
Pikelets, fruit, savory or vegetable Muffins or fritters	
Dip- with veggie sticks or crackers	

No pre-packaged foods with the exception of –  
Yoghurts (real fruit only) and Fruit (in natural juice only)