

<p><b><u>Name:</u> Nutrition Policy</b></p>	<p><b><u>Sources:</u></b> Health and Children's safety in Children's centres Models and Practices Munch &amp; Move Resource manual , NSW Health National/NSW regs 2011 Work Health and Safety Act NSW 2011</p>
<p><b><u>Date:</u></b> 31/10/11 compiled by Cathy Marshall <b><u>Reviewed by:</u></b></p>	<p><b><u>NQS:</u></b> Area 2:Health and Safety , Area 4:Staffing Area 6: Collaborative partnerships. <b><u>EYLF:</u></b> Learning Outcomes 1-5 , Holistic approach/practice. Principle 2/partnerships. Principle 5 :ongoing learning and reflective practice. <b><u>Regs:</u></b> 4.2 Health , safety and wellbeing</p>

**Aim:**

Shoalhaven Community Pre-School aims to provide a healthy, economical and friendly eating 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. Awareness of allergies contributes to strategies to provide a safe eating environment.

**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 aware preschool. It is essential that products containing any sort of nut, peanut, pine nut or tree nut are not included in lunches. Common sources of nuts that must be avoided include peanut butter, nut bars and loafs ,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 list in Appendix)
- 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 should be provided with a 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

### **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
- storing and serving food at safe temperatures, utilising refrigerators in each room as well as eskys 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. math 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