



## Nutrition, food and beverages and dietary requirements

National Quality Standard Education and Care Services National Law and National Regulations	Associated department policy, procedure or guideline	Reference document(s) and/or advice from a recognised authority
<p><b>NQS: 2.1</b></p> <p><b>Regulations: 78, 79, 80</b></p>	<p>Leading and operating department preschool guidelines</p> <p><a href="#">Nutrition in Schools policy</a></p> <p><a href="#">Allergy and Anaphylaxis Management Within the P-12 Curriculum [PDF 532 KB]</a></p>	<p><a href="#">NSW Food Authority – Factsheets and posters</a></p> <p><a href="#">Munch and Move – Healthy Eating Resources</a></p> <p><a href="#">Eat for Health</a></p> <p><a href="#">NSW Food Authority: Children’s Services Voluntary Food Safety Template</a></p> <p>ACECQA’s policy and procedures guidelines – <a href="#">Nutrition, food and beverages, dietary requirements [PDF 265 KB]</a></p>

### Responsibilities

<p><b>School principal</b></p>	<p>The principal as nominated supervisor, educational leader and responsible person holds primary responsibility for the preschool.</p> <p>The principal is responsible for ensuring:</p> <ul style="list-style-type: none"> <li>• the preschool is compliant with legislative standards related to this procedure at all times</li> <li>• all staff involved in the preschool are familiar with and implement this procedure</li> <li>• all procedures are current and reviewed as part of a continuous cycle of self-assessment.</li> </ul> <p>These tasks may be delegated to other members of the preschool team, but the responsibility sits with the principal.</p>
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<p><b>Preschool supervisor</b></p>	<p>The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection. This could include:</p> <ul style="list-style-type: none"> <li>• analysing complaints, incidents or issues and the implications for updates to this procedure</li> <li>• reflecting on how this procedure is informed by stakeholder feedback and relevant expert authorities</li> <li>• planning and discussing ways to engage with families and communities, including how changes are communicated</li> <li>• developing strategies to induct all staff when procedures are updated to ensure practice is embedded.</li> </ul>
<p><b>Preschool teacher(s) and educator(s)</b></p>	<p>Preschool teachers and educators are responsible for working with the preschool leadership team to ensure:</p> <ul style="list-style-type: none"> <li>• all staff in the preschool and daily practices comply with this procedure</li> <li>• this procedure is stored in a way that it is accessible to all staff, families, visitors and volunteers</li> <li>• they are actively involved in the review of this procedure, as required, or at least annually</li> <li>• details of this procedure's review are documented.</li> </ul>

## Procedure

<p><b>Access to safe drinking water</b></p>	<ul style="list-style-type: none"> <li>• Families are expected to provide their child with a full bottle of water each day. These are stored in a way that supports each child to access their own bottle themselves throughout the day.</li> <li>• The children unpack their drink bottles in the morning and place them on the water trolley. The trolley is taken with the group/s when they leave the indoor environment. It is kept in a shaded area outdoors. The location of the trolley is placed in the same area for consistency and familiarity for children.</li> <li>• If a child required their drink bottle to be refilled, the teacher and/or educator will use cold water in a jug from the fridge.</li> <li>• The educational program explicitly teaches and promotes water as the drink of choice for good health by engaging with Munch and Moves resources and learning experiences. Children are discouraged from bringing sweet drinks to preschool. We communicate the importance of drinking water in our enrolment booklet, via messages on School Bytes application, Munch and Move posters and brochures and as part of our enrolment and orientation procedure.</li> </ul>
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<p><b>Nutritious food</b></p>	<ul style="list-style-type: none"> <li>• The preschool does not provide food for children. Families supply their child with lunch and snacks for morning and/or afternoon tea.</li> <li>• Families are encouraged to provide nutritious foods for their children at preschool. To support parent/carers, our team hold parent information sessions, and use Munch, and Move brochures, posters and resources to support conversations.</li> <li>• Parents are informed that the preschool is 'nut aware' and foods that contain nuts are discouraged, though not banned. Parent/carers are informed and reminded, if needed via private conversations, phone calls, notes sent home and our enrolment information booklet.</li> <li>• If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are discouraged also.</li> <li>• The educational program and daily routines explicitly teach and promote healthy food choices. Intentional teaching experiences are provided to support children's learning such as at the veggie garden, composting through discussions, quality texts, songs, projects, and cooking and tasting. These everyday learning experiences promote the Munch and Move principles.</li> <li>• Teachers and educators' model appropriate language such as everyday foods and sometimes foods. They model healthy food and drink choices by sitting down to eat with the children, engaging them in discussions about healthy food choices.</li> </ul>
<p><b>Storing and reheating food</b></p>	<ul style="list-style-type: none"> <li>• Any perishable items brought to preschool by the children are stored safely until they are consumed.</li> <li>• A thermometer is used inside the fridge to ensure the temperature is maintained below 5°C.</li> <li>• Parent/carers are encouraged to place ice bricks in their child's lunchbox. Spare ice bricks are available for those who do not have one. The SLSOs are responsible for checking children's lunchboxes before 9:00 am and putting a spare ice brick in them if they are needed.</li> <li>• Food must be reheated till it is hot all the way through – a minimum of 60°C. If additional information is required, refer to <a href="#">NSW Food Authority: Children's Services Voluntary Food Safety template</a>.</li> </ul>
<p><b>Consuming food at preschool</b></p>	<ul style="list-style-type: none"> <li>• Consideration is given to where children with food allergies and at risk of anaphylaxis are seated when eating with the group.</li> <li>• The children's food is monitored by the educators to ensure none contains a trigger food for another child.</li> <li>• The children are asked not to share food with other children.</li> </ul>

	<ul style="list-style-type: none"> <li>• Special events such as birthday celebrations or class parties which involve the sharing of food are closely monitored to minimise risks of food contamination and the consumption of trigger foods. If a child has an allergy, parent/carers are asked to provide alternate options. If an alternative is provided, the teacher keeps this separate from other food, and ensures it is kept in a sealed container that is clearly labelled with the child's name, the date it was provided, expiry date of the food and the ingredients also need to be listed.</li> <li>• Food handling spaces are kept clean and hygienic. Tongs are used to serve food, and separate tongs for children who have an allergy. Teachers and educators use a colour coded cloth to wipe down the eating area, using detergent and warm water. Food preparation utensils are washed daily by the SLSO. These cloths and utensils are not used for any other purpose.</li> <li>• Food is not used as an incentive or reward throughout the day.</li> </ul>
<b>Cooking with children</b>	<ul style="list-style-type: none"> <li>• Before cooking activities, all children and adults wash and dry their hands thoroughly.</li> <li>• As directed by department policy, peanuts, tree nuts or any nut produce are not used in any cooking activity (this does not include foods labelled as 'may contain traces of nuts'). Additionally, any ingredient for which a currently enrolled child has a known allergy, intolerance or is at risk of anaphylaxis for, is not used.</li> <li>• Children who have had vomiting or diarrhoea do not participate until they have been symptom-free for 48 hours. If the preschool has recently had, or is currently experiencing, an outbreak of gastrointestinal disease, no cooking activities are held.</li> </ul>
<b>Supporting breastfeeding</b>	<ul style="list-style-type: none"> <li>• The preschool is a breastfeeding-friendly place. The NSW Health 'We are breastfeeding friendly' sticker is displayed at the foyer to inform families that we provide a supportive physical environment for mothers who wish to breastfeed. We also inform families at the enrolment meeting. The preschool office is offered for mothers to use.</li> </ul>

## Record of procedure's review

<b>Date of review</b>	20 Aug 2024
<b>Who was involved</b>	Early Learning, Jodie Field and Ian Tapuska
<b>Key changes made and reason why</b>	

<b>Record of communication of significant changes to relevant stakeholders</b>	Principal: Ian Tapuska Staff: Catherine Bateup, Emma Vilarrubi Parents: Please note, parents must be notified at least 14 days prior to a change that may have a significant impact on their service's provision of education and care or a family's ability to use the service.
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