



Procedure related to nutrition, food and beverages, dietary requirements

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated Department policy, procedure or guideline
2.1	78 79	Nutrition in schools policy

Describe how children access safe drinking water throughout the day

Families provide fresh drinking water daily and educators refill water when needed from our tap. Drink bottles are stored in personal lockers when children are indoors and when outdoors children store their drink bottles in the shade. Spare drink bottles are available for children.

Describe methods used to provide families with nutritional information, particularly in relation to packing a healthy lunch box.

Preschool educators provide nutritional information to parents through brochures, photos and posters on walls, orientation seminars and verbal conversations.

Describe how the education program promotes healthy eating and good food habits?

We facilitate a progressive crunch n sip program which encourages children to eat fresh fruit, vegetables and drink water. We have regular discussions about healthy eating during mealtimes. Educators also model healthy eating when we eat with the children.

What steps are taken if a child's packed lunch is continually unhealthy?

If a child's packed lunch is continually unhealthy, educators have verbal conversations with families to encourage healthy food being packed and this is followed up with a short letter that gives families multiple ideas to provide healthy food options in their child's lunch box. Educators have access to Eastern Creek Public schools fresh fruit that is provided when children do not have their crunch and sip for the day. We also have the facilities to make a sandwich for any child that doesn't have any food.

In addition to lunch, do families also pack morning tea and/or afternoon tea?

Families provide crunch n sip (Fresh fruit or vegetables) and other healthy snacks for their child to eat for morning tea and afternoon.

Where is the children's food stored during the day?

Children's food is stored in their personal lunch boxes in their locker.

Describe how educators ensure children's perishable foods are stored below 5 degrees.

Families are required to supply an ice brick to keep their food at a safe temperature. We encourage families to inform us each morning on our sign in sheet if their child has an ice brick. Spare ice bricks are available on request.

If educators reheat children's food, describe the process.

Families are encouraged to supply their child a thermos if they want to keep their food warm throughout the day. We do not reheat food in microwaves to avoid uneven heating and children possibly being burnt.

Describe how individual children's special dietary needs (cultural and health) are collected and communicated to all educators.

Information regarding children's special dietary needs is documented during the enrolment and orientation process. These special dietary requirements are prepared by families however if we do have an event which provides food to the children we always check with the families verbally and in writing what they would like their child to eat on this day. On events such as these other educators are informed verbally of children's cultural and health dietary needs. All educators are required to familiarise themselves with the children who have Action plans because of any food allergies. This is a part of our whole school preschool induction process. This important information is in our office on our red and blue walls.

Describe where and when the children eat during the preschool day.

Children have the opportunity to eat both indoors and outdoors. When indoors they have the option to eat seated at a table or on a mat. While outdoors children eat at our picnic tables.

In relation to children at risk of anaphylaxis or a food allergy:

Where will the child be seated to eat?

How will other children be taught not to share food?

Will the lunches of other children be monitored for trigger foods?

Will the supervision plan be modified at meal times?

If we have a child with anaphylaxis or a food allergy, families are informed not to pack that particular food in their child's lunchbox. Educators continually monitor lunchboxes throughout the year to minimise risk. Children wash their hands before eating. We also start the morning asking all children to wash hands to ensure they are washing any traces of breakfast off their hands. Educators regularly have group discussions with children regarding not sharing any food or drink.

Do special preschool or school events involve food sharing, such as birthday cakes? If so, what procedures are in place to ensure the safety of children at risk of anaphylaxis or with food intolerances or allergies?

During special preschool events such as birthdays and Christmas parties when food is brought from home to share, we ask that all families provide the ingredients to all food items brought in (Store bought or home-made). During birthday celebrations all children are offered a small lollipop or lolly bag instead of cake to avoid any allergies or cross contamination. These lollies are sent home with each individual child. Christmas party food is dished out by educators to ensure children with anaphylaxis, cultural or health dietary needs are being served the correct food to avoid serious illness and respect different cultures.

Confirm that a risk management plan is developed for children with anaphylaxis or food allergies to reduce exposure to known allergens.

Risk management plans are developed in consultation with families before the child commences preschool. This is implemented during a private interview as Educators develop a communication plan with the families to ensure all information is gathered and documented for the best interests of the child.

If cooking experiences are part of the educational program, describe procedures for these in relation to ingredients used and hygiene.

We aim to provide cooking experiences where everyone is included such as making fruit salad, play dough, fairy bread etc. Children are encouraged to wash hands with soap and water before any cooking or eating experience. If children are seen picking their nose or coughing into hand they are immediately asked to wash their hands to avoid any sickness and the spread of germs.

Reviewed June 2022