



Kinburra Preschool

Nutrition & Food Safety Policy

Our Service recognises the importance of 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 care. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating. Our Service 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



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91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures

RELATED POLICIES

Family Communication Policy Health and Safety 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 Service 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 adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease.

Our Service 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 our care. 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



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This policy applies to children, families, staff, and management of the service.

IMPLEMENTATION

Our Service has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by families will endeavour to be consistent with the Australian Dietary Guidelines and provide children with 50% of the recommended dietary intake for all nutrients. Food will be consumed at various times throughout the day to cater for all children's nutritional needs.

Mealtimes reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour, by eating their food with the children. This assists in creating a positive and enjoyable eating environment.

NUTRITION

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents and The Munch and Move Program

Where food is brought from home:

Kinburra Preschool will:

- provide information to families on the types of foods and drinks recommended for children and that are suitable for children's lunchboxes.
- provide information to families on how to read the *Nutritional Information Panel* on food and drink labels.
- encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- strongly discourage the provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients in children's lunchboxes. Examples of these foods include sweet biscuits, some muesli bars, breakfast bars and fruit filled bars, and chips.
- food items that should not be brought to the service include confectionary (lollies, sweets, chocolate, jelly), deep fried foods (chicken nuggets, fish fingers) and sugary drinks (cordial, energy drinks).



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- water only policy- Kinburra has a water only as a drink policy, children bring a drink bottle from home. Kinburra provides a water Esky for the children to put their drinks into and provides a water cooler for the children to refill their own water bottles.

Management/Nominated Supervisor/Educators will:

- ensure water is readily available for children to drink throughout the day in both the indoor and outdoor environment.
- be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- ensure all educators and staff are aware of children who have severe allergic reactions to certain foods as per ASCIA Action Plans
- ensure all children remain seated while eating and drinking.
- ensure all children are always supervised while eating and drinking.
- encourage and provide opportunities for staff and educators who cook to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- share nutritional information and recipes for families.
- not allow the children to be force fed and ensure they are not required to eat food they do not like or more than they want to eat.
- encourage children to be independent and develop social skills at meal-times.
- establish healthy eating habits in the children by incorporating nutritional information into our program.
- talk to families about their child's food intake and voice any concerns about their child's eating.
- encourage parents to the best of our ability to continue our healthy eating message in their homes.
- ensure fridge temperatures are taken daily, working in compliance with the National Food Authority.

FOOD HYGIENE

Food poisoning is caused by bacteria, viruses, or other toxins being present in food and can cause extremely unpleasant symptoms such as diarrhoea, vomiting, stomach cramps, and fevers. Children under five years



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Of age are considered a high-risk group as their immune systems are still developing and they produce less of the stomach acid required to kill harmful bacteria than older children or adults (Foodsafety.gov. 2019). Our Service will strictly adhere to food hygiene standards to prevent the risk of food poisoning.

Storing, preparing and serving food in a hygienic manner promoting hygienic food practices.

Kinburra Preschool will:

- ensure gloves (or food tongs) are used by all staff handling foods.
- ensure children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- separate cutting boards are used for raw meat and chicken, fruit and vegetables and utensils and hands are washed before touching other foods (when cooking with children).
- discourage children from handling other children's food and utensils.

Creating a positive learning environment

Kinburra Preschool will:

- ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink.
- choose water as a preferred drink.
- endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- encourage children to assist to clear and clean the table before eating their own food and drink - providing opportunities for them to develop independence and self-esteem.
- 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.
- do not use food as a reward or withhold food from children for disciplinary purposes.



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Service Program

Kinburra Preschool will:

- foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating.
- encourage children to participate in a variety of 'hands-on' food preparation experiences.
- provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.
- embed the importance of healthy eating and physical activity in everyday activities and experiences.

Cooking with children

Cooking can help develop children's knowledge and skills regarding healthy eating habits. Cooking is a great, fun activity and provides opportunities for children to be exposed to new foods, sharing of recipes and cooking skills. On these occasions participating educators will be vigilant to ensure that the experience remains safe, and relevant food hygiene practices are adhered to (Please refer to *Cooking with Children Procedure*).

Communicating with families

Kinburra Preschool will:

- provide a copy of the Nutrition Policy to all families upon orientation at the Service.
- 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 service 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 service and provide up to date information to assist families to provide healthy food choices at home.



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- 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 Breast-Feeding Association Guidelines: <https://www.breastfeeding.asn.au/>
- Australian Children’s Education & Care Quality Authority. (2014).
- 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>
- Food Standards Australia New Zealand: <http://www.foodstandards.gov.au/Pages/default.aspx>
- 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
- 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>



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- The Department of Health. Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book: <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-staffcarers>
- *Work Health and Safety Act 2011*
- Work Health and Safety Regulations 2011.

REVIEW

POLICY REVIEWED	MAY 2021	NEXT REVIEW DATE	MAY 2022
MODIFICATIONS	<ul style="list-style-type: none"> • Minor editing • Inclusion of cultural or religious dietary practices • New section added: Cooking with Children • Checked for currency 		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	
MAY 2020	<ul style="list-style-type: none"> • Addition of health professional's information to ensure best practice • Sources checked for currency 	MAY 2021	
MAY 2019	<ul style="list-style-type: none"> • Additional information inserted into existing points (highlighted) • New source added 	MAY 2020	
MAY 2018	<ul style="list-style-type: none"> • Minor grammatical changes made to content 	MAY 2019	