

Coota Gulla Preschool Procedures



Nutrition, Food and Beverages, Dietary Requirements

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated Departmental policies, procedures or guidelines
2.1	78 79	<ul style="list-style-type: none">▪ Nutrition in schools policy
Next Review Date:	17/10/23	

All parents/carers are asked to provide their child with clearly labelled water bottles and lunch boxes.

Water bottles are placed in easily accessible areas: when indoors and when outside. Children are encouraged to inform an educator if their bottle is empty and it will be refilled. Educators also check water bottles throughout the day including during break times.

All children bring lunch and snacks from home. Sometimes parents/carers also provide breakfast if the child has not eaten at home. Healthy eating is encouraged with foods such as fruit, vegetables, sandwiches, cheese, crackers, yoghurt (not flavoured) water, rice, sushi, pasta.

The Coota Gulla enrolment package includes information on *Healthier Lunchboxes* and *Select Healthier Snacks* from the *Munch and Move Initiative* (NSW Health) and *Healthy Eating for Children* from *Eat for Health* (Department of Health). These brochures are highlighted as part of Orientation and are also available on the LWPS website. The *Munch and Move* brochures are available in a number of languages. Reminders about healthy eating are also posted on ClassDojo.

If a child continually brings unhealthy food to school the teacher will meet with the parent/carer and child to discuss options by finding what the child likes and planning what can be included that is healthy. This may also involve discussing with parents/carers what healthy and unhealthy foods look like.

The children learn about healthy eating and are assisted in making healthy choices where a combination of healthy and unhealthy food is provided.

Lunch boxes are checked every morning by one of the educators. They are placed in each child's tote tray. Any food requiring refrigeration is placed in the refrigerator, clearly labelled with that child's name. There is a thermometer in the refrigerator to ensure that the fridge is kept at the correct temperature. There is also a poster displayed on the fridge with the appropriate temperatures to remind all staff. Food is not reheated or cut up for children by educators and this is explained to parents/carers from the start.

The checking of lunches also enables educators to check for any trigger foods.

There is a designated area on the veranda where children can sit and eat their food. Lunch is at 11am and fruit break at 1:40pm as part of the K-6 school breaks, however, children can eat at any time by telling one of the educators that they are hungry.

Children are supervised closely at all times, including when eating which ensures that they do not share their food. The importance of not sharing food is also discussed with the children.

Cooking experiences are part of the educational program. Educators promote healthy eating by cooking healthy food and using healthy ingredients, including vegetables and herbs grown in the preschool garden. Identified trigger foods impact on what is cooked. All hygiene practices are in place for educators and children when preparing food.

Special Dietary Needs: -

- At the time of enrolment, parents/carers are asked about any dietary needs (health or cultural).
- Where a child is anaphylactic/allergic an ASCIA plan and EpiPen/other medication is required and a Health Care Plan is created. This plan is accessible and displayed on the preschool office wall, in the casual teacher folder, on staff lanyards, verbally communicated to staff on duty, on the class profile sheet located in the preschool casual folder, in Sickbay (main office), the child's PRC (main office) and saved on the Teacher Shared Drive.
- Where a particular food allergy is identified parents/carers are asked to not bring that food to school for their own child. However, at eating times, educators ensure that if a child brings in a trigger food, they sit at a different table to the child with the allergy. As part of general hygiene, children wash their hands before and after eating which also reduces the risk of cross-contamination. All tables and contaminated surfaces are cleaned thoroughly after eating.
- If a preschool or whole school event involves food sharing, families are asked not to bring in foods that a child is allergic to, however, parents/carers of the child with an allergy are asked to send food for their child and close monitoring ensures what is eaten.