

Food and Nutrition Policy

Quality Area 2 - Childrens’ health and Safety

National Quality Standard 2.2.1

ECS National Regulations 77; 78

**INTRODUCTION**

Muswellbrook Pre-School provides guidelines to encourage the development of healthy eating habits for their child while attending Pre-School.

**Muswellbrook Pre School Kindergarten will implement the following:**

Dietary Guidelines

* Each child will be encouraged to bring food and water that are nutritious, adequate in quantity, varied, and offered at frequent intervals, appropriate to the developmental needs of the child and appropriate to the culture and religion of the child.
* Children who have insufficient food/no morning tea/lunch, will be provided with a basic sandwich/snack. Staff will endeavour to contact parents or authorised persons to ask if they could bring some more food to the Pre School, and if not, they will gain verbal permission before giving the child food, however, if contact cannot be made, we must comply with the Department of Education and Community Services guidelines, and provide the child with something to eat.
* Parents are provided with Food policy/Nutrition guidelines in their enrolment pack.

Drinks

* Water is brought by the child to Preschool. It is available for children to drink at all times of the day, during indoor and outdoor activities. Bottles are refilled as required.
* Parents should provide water in a bottle for their child*.*

Morning Tea/ Lunch

* Parents are requested to provide an overall healthy lunch box as per acceptable food list.

Allergies

* Staff members will keep a record of children’s allergies and who have restricted foods.
* Owing to the increasing number of children who experience severe allergic reactions parents are asked to not provide products containing nuts, or shellfish.
* Eggs (see next point below) and dairy foods are acceptable, however children with these items may be asked to use a separate eating area when these items are consumed. Hands and mouths will also be washed after the consumption of these items if the need arises.
* Eggs may be restricted at times (and families will be made aware of these cases) according to the needs of individual children enrolled at the Pre School.

Choices

* Children will be encouraged to develop independent eating skills.

Handling and storage of foods

* Staff and children will wash their hands before handling food.
* Food preparation areas, kitchen surfaces and utensils will be kept clean.
* Children’s lunches provided by the parents’/guardians will be refrigerated.
* We will encourage healthy eating habits through spontaneous and intentional teaching and via parent newsletters

Reviewed 22 February 2017

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| **Signed By** | **Name** | **Signature** | **Date** |
| **Committee** |  |  |  |
| **Nominated Supervisor** |  |  |  |

Due for Review February 2019

* *Education and Care Services National Law Act* 2010: Sections
* *Education and Care Services National* Regulations 2012: Regulations –
* *Quality Area 2 – Childrens Health and Safety*