



Preschool nutrition, food and beverages and dietary requirements procedure

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated department policy, procedure or guideline
2.1	Regulation 78 Regulation 79 Regulation 80	Leading and Operating Department Preschool Guidelines Nutrition in Schools Policy Allergy and Anaphylaxis Management Within the P-12 Curriculum
Pre-reading and reference documents		
ASCIA Guidelines for the prevention of anaphylaxis in schools NSW Food Authority: Children's Services Voluntary Food Safety Template Munch and Move Healthy Eating Resources Australian Dietary Guidelines Eat for Health Website		
Related procedure		
Dealing with medical conditions in children		
Staff roles and responsibilities		
School principal	<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"> the preschool is compliant with legislative standards related to this procedure at all times all staff involved in the preschool are familiar with and implement this procedure 	



	<ul style="list-style-type: none"> all procedures are current and reviewed as part of a continuous cycle of self- assessment.
Preschool educators	<p>The preschool educators are responsible for working with leadership to ensure:</p> <ul style="list-style-type: none"> all staff in the preschool and daily practices comply with this procedure this procedure is stored in the preschool, and made accessible to all staff, families, visitors and volunteers being actively involved in the review of this procedure, as required, or at least annually details of this procedure are reviewed and documented.
Procedure	
Supporting breastfeeding	<ul style="list-style-type: none"> The preschool is a breastfeeding - friendly place. A '<i>Breastfeeding Welcome Here</i>' sign is displayed in the sign in area, and if families have an infant, staff ensure families are informed during Meet and Greet. Staff ensure mothers feel welcome and supported to breastfeed their child in a quiet space within the preschool room.
Access to safe drinking water	<ul style="list-style-type: none"> 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. A portable container is kept near the locker area on the wet floor area and is clearly labelled. Children place their bottles in the container at the beginning of the day and the container is moved outdoors during outdoor playtime. Chilled water is available from the filtered tap at the kitchen sink and in the fridge stored in a water jug. Children who forget their water bottles can access water throughout the day. They are given a cup that is labelled with their name for the day. The cups are washed at the end of each day. Children's water bottles are filled by an adult at the kitchen sink as needed. Children are encouraged to drink regularly throughout the day. The educational program explicitly teaches and promotes water as the drink of choice for good health. Children are discouraged from bringing sweet drinks to preschool. Educators engage in intentional conversations at lunch time around the importance of drinking water and making healthy food choices. Facts about healthy water choices are posted on class dojo and in the school newsletter. Posters with sugar contents are displayed near the sign in desk to support parent education.
Nutritious food	<ul style="list-style-type: none"> The preschool does not provide food for children. Families supply their child with lunch and snacks for morning and / or afternoon



	<p>tea. Families are encouraged to provide nutritious foods for their children at preschool. This is discussed with families at the meet and greet interviews. Pamphlets, posters and flyers are displayed near the sign in table for easy access to families and information and fact sheets are sent home periodically throughout the year or to parents/carers as needed. Reminders and information are shared with families via class dojo and school newsletter.</p> <ul style="list-style-type: none"> • Parents are informed that the preschool is <i>nut aware</i> and foods that contain nuts are discouraged. Families are informed during meet and greet interviews and reminders are given privately usually by phone if required. Where a child attends with anaphylaxis educators will explicitly teach children about anaphylaxis and the importance of not sharing food or bringing nuts or nut products to preschool. • If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are discouraged also. • The educational program and daily routines explicitly teach and promote healthy food choices. Each year educators explicitly teach healthy lifestyles through exploration of the text 'The Magic Lunchbox'. Educators use the language of <i>everyday foods</i> and <i>sometimes foods</i> every day in general conversation and in explicit learning experiences. Children are provided with opportunities to sort and classify foods to determine if they are healthy choices. Educators share children's learning with community and families via class dojo and the school newsletter. • Educators role model healthy food and drink choices and sit to eat with children, engaging them in discussions about healthy food choices.
<p>Storing and reheating food</p>	<ul style="list-style-type: none"> • Any perishable items brought to preschool by the children are stored safely until they are consumed. Children place their lunchboxes in the preschool fridge when they arrive each morning. Staff monitor and log the temperature of the fridge each morning ensuring that it is always at or below 5 degrees C. The fridge is kept in well maintained condition and cleaned regularly. • Preschool does not under any circumstances reheat children's food brought for lunch.
<p>Consuming food at preschool</p>	<ul style="list-style-type: none"> • Consideration is given to where children with food allergies and at risk of anaphylaxis are seated when eating with the group. • The children's food is monitored by the educators to ensure none contains a trigger food for another child. All staff are informed of children who have allergies during the annual preschool induction and staff who regularly cover lunch breaks are informed of allergies and are required to read and be familiar with individual child's procedures and health management plan located in the tub on



	<p>the kitchen bench and displayed nearby. Educators will position themselves evenly around the lunch tables to ensure adequate supervision of all children is possible. Support is provided where required.</p> <ul style="list-style-type: none"> • The children are asked not to share food with other children. • 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. Children are encouraged to bring in prepackaged individual baked goods or ice blocks for birthday celebrations to minimize risks. A known safe food alternate for children with known allergies is kept at preschool (eg. in freezer) where possible to ensure they can safely participate in the celebration. In the event of a class party children are explicitly taught the importance of hygiene before the event and tongs are provided and supervised by preschool educators. Where required educators will serve the food. Children are instructed to wash their hands before, after and as needed during the event. Any cutlery used is washed after the event in warm soapy water and stored accordingly once dry. Food handling spaces are kept clean and hygienic. Colour coded chopping boards are used for food preparation and are washed thoroughly after each use, stored appropriately, and replaced as needed. All surface areas are cleaned before, after and during food preparation as needed with a colour coded cloth (green for the kitchen). Kitchen cloths are cleaned a minimum of once per week or as needed throughout the week. Food preparation implements are used for the sole purpose of food preparation at all times. • Food is not used as an incentive or reward throughout the day.
<p>Cooking with children</p>	<ul style="list-style-type: none"> • Before cooking activities, all children and adults wash and dry their hands thoroughly. • 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. • 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.



Record of procedure's review
Date of review and who was involved
28/05/23 Anna Clemesha, Maree Guy, Larissa Polak
Key changes made and reason/s why
No changes required.
Record of communication of significant changes to relevant stakeholders

Record of procedure's review
Date of review and who was involved
12/10/22 Anna Clemesha, Maree Guy, Larissa Polak
Key changes made and reason/s why
Moving to new Preschool site location due to flooding rebuild
Record of communication of significant changes to relevant stakeholders
Posted on class dojo and displayed in classroom

Copy and paste a new table to record each occasion the procedure is reviewed.

**LISMORE SOUTH PUBLIC SCHOOL
NGULLIBOO JARJUMS PRESCHOOL**

*Nominated Supervisor/Responsible Person/
Educational Leader: Larissa Polak*

