

Nutrition and Dietary Requirements

NQS 2.1 Each child's health and physical activity is supported and promoted

NQS 2.1.2 Effective illness and injury management and hygiene practices are promoted and implemented.

NQS 2.1.3 Healthy eating and physical activity are appropriate for each child.

Introduction

Early Childhood Education and Care Services are required by legislation to ensure the provision of healthy food and drinks that meet the requirements for children according to the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.

Glenaeon Rudolf Steiner Preschool provides information and guidance to families on healthy food choices. This will contribute to the prevention of health problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Glenaeon Rudolf Steiner Preschool provides children with healthy morning and afternoon tea options and lunches, as well as baking activities daily. Families are required to supply main meals in the vacation care periods.

Aims

The Glenaeon Rudolf Steiner Preschool will:

- Ensure safe food handling and storage practices are maintained at all times.
- Ensure staff are aware of the importance of healthy eating and role model healthy eating and activity each day.
- Promote healthy nutrition and good food habits in children from a young age;
- Make available information about healthy nutrition to families.
- Support families in educating their children about healthy food choices.
- To endeavour to ensure all meals prepared by the Preschool be consistent with the Australian Guide to Healthy Eating and the Australian Dietary Guidelines, are nutritious and sufficient in quantity.
- That children have access to safe drinking water at all times.
- Ensure that food provided takes into account any specific cultural, religious or health requirements.

Strategies

Professional development of staff and educators

- At least one educator attends the Munch and Move Professional Development Training and informs staff of the training and information.

- All educators will have access to the *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings and the Caring for Children: Birth to 5 years (Food, Nutrition and Learning Experiences)* resource; and
- Staff involved in the preparation of food will be trained in an approved training course on food handling and hygiene, and be provided with ongoing professional development opportunities to refresh their knowledge of children's dietary needs, food handling and hygiene procedures.

Provision of food and drinks at the service

The Approved Provider and Nominated Supervisor will ensure that:

- All children have access to safe drinking water at all times;
- All children are offered food and drinks regularly.
- Food and beverages provided by the preschool are nutritious and adequate in quantity, and take each child's individual dietary requirements, growth and development needs, and any specific cultural, religious or health requirements, including allergies and intolerances, into consideration;
- Educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food.
- Glенаeon Preschool displays a menu of the food and beverages provided each day.
- ***That parents are requested not to bring nuts, products containing nuts or sesame to the centre.***
- All dietary requirements relating to medical conditions are adhered to.
- All kitchens and food preparation areas shall comply with Food Standards Australia and New Zealand (FSANZ).
- Menus are given to a medical provider/nutritionist annually for review.
- Ensure a weekly menu that accurately describes the food and beverages provided is displayed in a location accessible to parents.

Staff and educators will ensure that:

- Healthy eating is modelled;
- Ensure safe drinking water is readily available for children to drink throughout the day in both the indoor and outdoor environment.
- Children are encouraged to make healthy food choices;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try new foods, and their food likes and dislikes are respected;
- The cultural and religious dietary requirements of families are respected and implemented.
- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food; and
- Ensure that as per the Medical Conditions Policy, the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.
- Ensure all children are supervised and remain seated while eating and drinking.
- They provide feedback to parents if their child is not eating well.

- They plan and prepare balanced and healthy menus.

Supporting families

- The service will provide families with up to date information on dietary requirements of young children to ensure optimal growth and development, and provide families with opportunities to discuss ways to maximise the health and well-being of their child/ren.
- The service will provide families with daily information about their child's intake of food and drinks where supplied food is not eaten or there is cause for concern.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the Preschool and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.
- A decision to exclude foods or other items that can cause anaphylaxis will be made in consultation with the affected child's doctor and parents.
- Children with severe anaphylactic reactions to foods may be required to provide all their own food and snacks. This will be done in consultation with the relevant families.

Education and information

- Educators will engage children in learning experiences in line with the EYLF that are fun and enjoyable and incorporate key messages around healthy eating;
- Families will be provided with current information about recommended guidelines around dietary requirements.

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

Our Service will:

- Ensure gloves or food tongs used by all staff handling 'ready to eat' foods
- Children and staff wash and dry their hands (using soap, warm running water and individual towels) before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures i.e. below 5°C or above 60°C.
- Children will be discouraged from handling other children's food and utensils.

Evaluation

The Glенаeon Rudolf Steiner Preschool offers appropriate and healthy food and beverages to all children and meal times will be relaxed and model healthy eating to children.

Source

- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- Guide to the National Quality Standard.
- Food Standards Australia New Zealand
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
- Australian Dietary Guidelines 2013
- NSW Food Authority

- Munch and Move
- Revised National Quality Standards
- CELA

Review

Policy Reviewed	Modifications	Next Review Due
Feb 2013 Nov 2013 May 2014 Oct 2014 Dec 2015 Dec 2016	Consideration of cooking curriculum and lunch provision Menus and nutritional aspects discussed in review.	
Jan 2018	<ul style="list-style-type: none"> • Updated references to comply with the revised National Quality Standard. • Include additional information in the Introduction regarding legislative requirements for ECEC services in relation to Aust Dietary Guidelines. • Include information on the storage, preparing and serving of food. • Additional requirements for staff to meet the cultural and religious dietary wishes of parents and to ensure children are supervised and seated whilst eating. 	Jan 2019
May 2019	<ul style="list-style-type: none"> • Include additional aims • Add that a menu be displayed. 	May 2020