

Bass Hill Public School

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 all procedures are current and reviewed as part of a continuous cycle of self-assessment. 	
Preschool supervisor	The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection.	
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 storing this procedure in the preschool, and making it accessible to all staff, families, visitors and volunteers being actively involved in the review of this procedure, as required, or at least annually ensuring the details of this procedure's review are documented. 	
Procedure		
Supporting breastfeeding	<ul style="list-style-type: none"> The preschool supports breastfeeding. If parents need a quiet space, our office area is offered. 	
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. Each child is able to access their own bottle themselves both inside and outside, throughout the day. Water bottles are kept in a portable drink 	

	<p>holder. The drink holder prevents the bottles from touching one another.</p> <ul style="list-style-type: none"> • When students move outside, the portable drink holders are taken outside and placed in the shade for students to access. • During meal times, students collect their drink bottle prior to sitting down for their meal. • Drink bottles are refilled in the kitchen sink by a staff member onsite. • 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. • NSW Health support staff across the year by supplying information and resources that can be shared with families and used in intentional teaching to promote healthy lifestyle choices.
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 tea. Families are encouraged to provide nutritious foods for their children at preschool. • Information on nutritional needs of children and healthy eating is shared through newsletters, information booklet, posters, brochures and conversations. • Parents are informed that the preschool is <i>nut aware</i> and foods that contain nuts are discouraged. Families are informed and reminded, if needed through private discussions; phone calls; notes sent home; information booklet. • If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are discouraged also. Individual children's special dietary needs are communicated to all educators via email, discussed at administration meetings and a poster of child's photo and specific dietary needs on the wall in the preschool office. • The educational program and daily routines explicitly teach and promote healthy food choices. They discuss relationship between nutrition, physical fitness and overall good health. Educators role model healthy food and drink choices and sit to eat with children, engaging them in discussions about healthy food choices. • Educators obtain support and resources from the 'Munch and Move' program. The preschool promotes good nutrition and helps children and parents to develop good food habits.
Storing and reheating food	<ul style="list-style-type: none"> • Any perishable items brought to preschool by the children are stored safely until they are consumed. Parents are informed to provide an icepack in their child's lunch box every day. Ice packs are available for families in the morning to add to their child's lunch box should they forget their ice pack.
Consuming food at preschool	<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. • 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. Appropriate strategies are put in place that are best suited to the event taking place. Some examples are: <ul style="list-style-type: none"> - For birthday celebrations, families can purchase healthy muffins, ice blocks or jelly cups from the school canteen. - children with known allergies are asked to supply their own food; - the parent or carer of a child at risk is invited to attend the event to support supervision of their child;

	<p>- if serving from a communal bowl or tray, tongs are used; food is kept covered; any shared cutlery used are disposable.</p> <ul style="list-style-type: none"> • Food handling spaces are kept clean and hygienic. Colour – coded clothes are used for specific purposes. • Preschool staff provide a positive and healthy eating environment. They act as role models, maintain good personal nutrition, and encourage independence and social skills at mealtimes.
Cooking with children	<ul style="list-style-type: none"> • When implementing cooking activities with the children, appropriate food hygiene practices are followed. E.g. Wearing gloves, all children and adults wash and dry their hands thoroughly. • A risk assessment is developed to ensure safe and healthy practices are implemented. • 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. • If the preschool has recently had, or is currently experiencing, an outbreak of gastrointestinal disease or other contagious disease, no cooking activities are held.

Record of procedure's review
Date of review and who was involved
Term 3 – July 28 th 2021 – Kristen McNeill
Key changes made and reason/s why
Breastfeeding component added Changes to storage of water bottles Restructured information Obtain support from munch and move program. Consuming food at preschool section added
Record of communication of significant changes to relevant stakeholders
Amiee Jahshan – Principal Joanne Jurgeit – Preschool Teacher Patricia May – Preschool SLSO Staff covering educator's breaks.

Record of procedure's review
Date of review and who was involved
Term 3 – September 8, 2022 – Joanne Jurgeit
Key changes made and reason/s why
Changes to procedure for birthday celebrations added.
Record of communication of significant changes to relevant stakeholders
Amiee Jahshan – Principal Patricia May – Preschool SLSO Staff covering educator's breaks.