

Preschool Procedure

Nutrition, Food and Beverages, Dietary Requirements



Current	Term 3 2020
Next Review	Term 3 2021
Regulation(s)	R.77-78
National Quality Standard(s)	2.1.3: Healthy eating and physical activity are promoted and appropriate for each child.
Relevant DoE Policy and link	Nutrition in Schools Policy PD/2011/0420/V01
Relevant School Procedure	
DoE Leading and Operating Department Preschools Guidelines	Nutrition p36
Key Resources	Food Safety Fact Sheet - NSW Health Healthy Kids Fact Sheets Munch and Move . Healthy Kids: eat well, get active Get up and grow: Healthy eating and physical activity for early childhood resources . Australian Government Department of Health Promoting healthy eating and nutrition in education and care services – Early childhood resource hub Department of Primary Industries NSW Food Authority

- All the children are exposed to healthy eating practices.
- The preschool promotes good nutrition and helps children and parents to develop good food habits.
- As part of the educational program, staff and children discuss the relationship between nutrition, physical fitness and good health.
- 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.
- Good nutrition and healthy lifestyles are taught through the education program across the year. 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.

- Information on nutritional needs of children and healthy eating is shared through newsletters, posters and conversations.
- 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.
- 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.
- Drinking water is always accessible both indoor and outdoor with the storage of water bottles in a portable Esky.
- When implementing cooking activities with the children, appropriate food hygiene practices are followed, and a risk assessment developed to ensure safe and healthy practices are implemented.