

## Barlu Kurli Preschool Procedure

### Nutrition, food and beverages and dietary requirements

Reviewed: Feb 2019



Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	<a href="#">Preschool Handbook</a> reference	School policy or procedure, where applicable
<a href="#">Regulation 168 (2)(a)</a>	<a href="#">Nutrition in Schools Policy PD/2011/0420/V01</a>		
<p><i>Resources:</i></p> <p><b><u>Get up and grow: Healthy eating and physical activity for early childhood resources</u></b> – Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity</p> <p>NSW Health initiative <b><u>Munch and Move</u></b> – Healthy kids: eat well, get active</p> <p><b><u>Department of Primary Industries NSW Food Authority</u></b> has useful information to guide practices</p> <p>The early childhood resource hub provides practical information and best practice guidelines for <b><u>promoting healthy eating and nutrition in education and care services</u></b></p>			
<p><b><i>Introduction:</i></b></p> <p>The first few years of a child’s life are critical years for growth and brain development. It is also a time when children begin forming eating habits that last a lifetime. The Education and Care Services National Regulations (regulation 78) require that all preschool children are exposed to healthy eating practices.</p> <p><b><i>Local Procedure;</i></b></p> <ul style="list-style-type: none"> <li>• At Barlu Kurli Preschool a daily nutritious breakfast, morning tea and lunch meal are prepared by the school and offered to all children.</li> <li>• The menu development is created by the ECT and AEO with children’s dietary requirements and food preferences in mind.</li> </ul>			

- All meals are nutritious, balanced and planned to enhance continued physical and intellectual development as guided by NSW Health – Munch and move program.
- Staff regularly engage with Munch and Move professional learning, via newsletters, website and face-to-face training.
- The menu is seasonal and flexible, and communicated to all staff via display in the kitchen and made available to families via the Kinderloop app and in conversation as appropriate.
- The preschool program promotes good nutrition and helps children and families to develop good food habits by working alongside the dieticians team at Maari Ma Aboriginal Health Corporation to provide family focused cooking and meal prep sessions each fortnight at the Preschool.
- As part of the educational program staff and children should discuss the relationship between nutrition, physical fitness and good health. (See links below from recognised health authorities).
- Preschool staff provide a positive and healthy eating environment. We act as role models, maintain good personal nutrition, eat with children and encourage independence and social skills at meal times.
- Educators use a colour coded system for cleaning clothes and chopping boards which are displayed in the kitchen and around the preschool environment.
- We incorporate nutrition and healthy lifestyle information in the educational program
- We provide nutritional information to parents via pamphlets in the foyers and information in the newsletter.
- We ensure that food is not used as a punishment or reward
- We ensure the availability of water at all times, by providing individually labelled water bottles that are kept in children's reach at all times on the drinks trolley. Water and/or milk are offered with the breakfast meal and water only at all other times.
- Barlu Kurli educators provide families and children with information about the nutritional needs of young children through posters, displays, library information, newsletters and correspondence. These and other information on healthy eating and our meal planning is sourced [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)
- We are aware of children with food allergies, intolerances and anaphylaxis and take care to ensure this information is clearly visible for all adults' reference. Plans for reducing or where possible eliminating exposure to known allergens are planned for and documented with risk minimisation strategies as appropriate to individual circumstances in place. Copies of these are kept in locked office cabinet, displayed in preschool office communicated to all staff and volunteers.
- Staff consider the special dietary requirements of children from diverse cultural and religious backgrounds, ensuring these are catered for in the planned menu.
- Special dietary needs (including allergens) are clearly displayed in food preparation areas.

- Visual displays explaining hand washing procedure before handling, preparing and eating food are provided at children's and at adults heights in bathrooms and kitchen. The intentions for these and other hygiene messages are embedded in the teaching and learning program and modelled by staff at all times.
- Risk management plans for children with anaphylaxis will be collected from families doctors in the enrollment interview process. The risk management plans will be displayed in the preschool staff office and communicated to all staff in the preschool, copies will be held in relief teachers preschool folder and information will be entered onto Sentral in the child's profile.
- Individual children's special dietary needs will be collected in the enrollment form and communicated to all staff and canteen manager. A poster with the information will be made and displayed in the preschool officer and information will be recorded on Sentral in the child's profile.

*User guide for reviewing and updating this LP - Some points to address are;*

- Development of a risk management plan for children with anaphylaxis to reduce exposure to known allergens
- How individual children's special dietary needs are collected and then communicated to all educators
- How the education program promotes healthy eating and good food habits
- Methods for providing families with nutritional information
- How educators provide a positive healthy eating environment
- Process to be taken if a child's packed lunch contains unhealthy or junk foods
- Steps taken to ensure drinking water is always accessible to the children
- How perishable items in the children's lunches remain chilled, i.e. do families supply an ice brick? Are lunches refrigerated?
- Procedures for preparing food in a safe and hygienic manner
- Are cooking activities part of your program?