

St Joseph's Preschool

Food, Nutrition and Beverage Policy



St Joseph's School
PORT LINCOLN
In all things love

Policy Statement

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support and provide for children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices. As part of our commitment to children's health, we role model food safety and hygiene practices, as well as supporting healthy food and beverage choices.

Background

The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place regarding nutrition, food, beverages and dietary requirements.

NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
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National Regulations

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	79	Service providing food and beverages
	90	Medical conditions policy
	91	Medical conditions policy to be provided to parents
	162	Health information to be kept in enrolment record
	168	Education and care service must have policies and procedures
	170	Policies and procedures to be followed
	171	Policies and procedures to be kept available
	172	Notification of changes to policies or procedures



EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Children are happy, healthy, safe and connected to others.
	Children show an increasing awareness of healthy lifestyles and good nutrition.
	Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
	Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators model and reinforce health, nutrition and personal hygiene practices with children.

Related Policies

- Enrolment Policy
- Health, Hygiene and Safe Food Policy
- Medical Conditions Policy

Implementation

The Nominated Supervisor, educators, staff, volunteers and students will:

- ensure children have access to water and offer them water regularly during the day.
- provide foods that take into account each child's likes, dislikes, culture and religion. Families will be reminded to update this information regularly or when necessary.
- ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, are provided with food. Educators will not force children to eat food they do not like or more than they want.
- ensure food is consistent with the Government's Australian Dietary Guidelines 2013. The Guidelines and Summaries are available on the NHMRC website <https://nhmrc.gov.au/>
- encourage families to provide healthy food for their children at home and in the food they provide for preschool which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating



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- provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- provide food and beverages that minimise the risk of children choking.
- provide families with daily information about their child's food and beverage intake and related experiences.
- provide age and developmentally appropriate utensils and furniture for each child.
- ensure meal times are relaxed, pleasant and timed to meet most children's needs.
- integrate learning about food and nutrition into the Curriculum.
- never use food as a punishment, reward or as a bribe.
- model and reinforce healthy eating habits and food options with children during eating times.

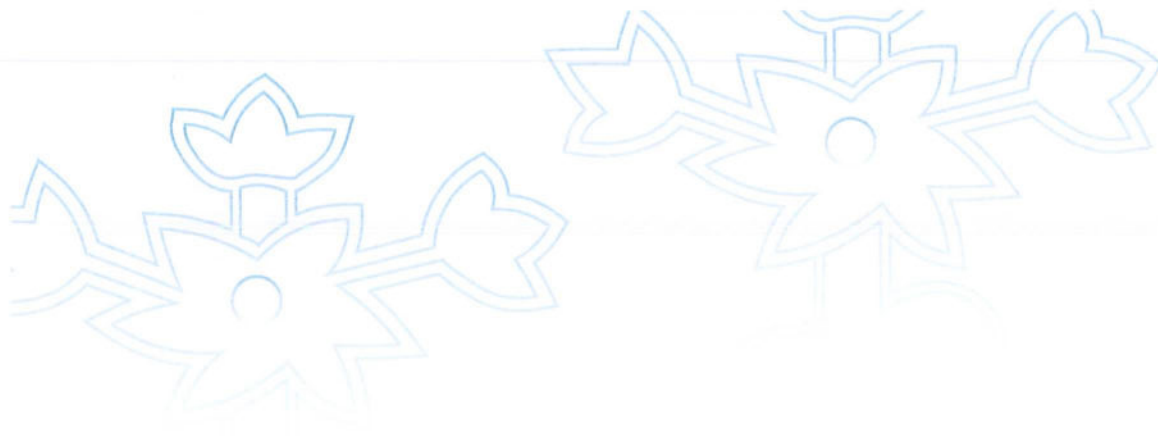
The Nominated Supervisor will ensure staff receive training in nutrition, food safety and other cultures' food customs if professional development in these areas is required.

The Medical Conditions Policy details how the service will effectively respond to and manage medical conditions including asthma, diabetes and anaphylaxis at the service to ensure the safety and wellbeing of children, staff and visitors.

Staff are unable to **HEAT** any foods. This is for your child's safety as we need to ensure the staff/child ratio is maintained at all times, and foods cannot be heated correctly to meet food safety standards.

Sources

- Education and Care Services National Law and Regulations
- Early Years Learning Framework
- National Quality Standard
- Safe Food Australia, 2nd Edition. January 2001
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
- Infant Feeding Guidelines 2012
- Australian Dietary Guidelines 2013
- Eat for Health: Dept Health and NHMRC
- Food Standards Code
- Food Safety Standards
- Food Standards Australia and New Zealand Act 1991
- Food Standards Australia New Zealand Regulations 1994
- Food Act 2001
- Food Regulation 2002



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- SA Health: Food Safety
- Work Health and Safety Act 2012
- Work Health and Safety Regulations 2012
- Staying Healthy: preventing infectious diseases in early childhood education and care services

Review

The policy will be reviewed annually by:

- Management
- Employees
- Families
- Interested Parties