

# ST JOSEPH'S PRESCHOOL



ST JOSEPH'S CATHOLIC SCHOOL  
WEST HINDMARSH

## POLICY DOCUMENT

FOOD, NUTRITION, BEVERAGE  
AND DIETARY REQUIREMENTS



# Food, Nutrition, Beverage 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
	80	Weekly menu
	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

## 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.

## Aim

St Joseph's Preschool aims to promote good nutrition and healthy food habits and attitudes to all children and families in a safe supportive environment. We also aim to support and provide for children with food allergies and intolerances, dietary requirements or restrictions, and specific cultural or religious practices.

## Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy

Medical Conditions Policy

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: Maximises growth, development, activity levels and good health.
2. Long term: Minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

### ***This means that:***

- Staff at this preschool model and encourage healthy eating behaviours.
- Food and drink are consumed in a safe, supportive environment for all children.
- Parents and caregivers are encouraged to supply healthy foods that are in line with the
- Australian Dietary Guidelines.

### ***In our learning environment, children:***

- Have clean, fresh tap water available and are encouraged to drink water from their own drink
- bottle regularly throughout the day. Due to high sugar content, juice and cordial is discouraged.
- Have opportunities to eat regularly during the daily routine.
- Eat in a positive, social environment with staff who model healthy eating behaviours.
- Use the preschool garden to learn about and experience growing, harvesting, and preparing
- nutritious foods.

### ***At St Joseph's Hindmarsh Preschool, we:***

- Understand and promote the importance of breakfast and regular meals for children.
- Teach the importance of healthy meals and snacks as part of the curriculum.
- Are a breastfeeding friendly site.

### ***The Food and Nutrition curriculum at Preschool:***

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating.
- Includes activities that provide children with knowledge, attitudes, and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food.
- Integrates nutrition across the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS).

### ***Guidelines for families for food bought from home:***

PLEASE REMEMBER THAT WE ARE A NUT-FREE SITE. THIS INCLUDES NUT SPREADS SUCH AS NUTELLA OR PEANUT PASTE.

- We encourage families to pack lunches for their children that are rich in vitamins and nutrients essential for their growth and development.

FOODS NEED TO BE LOW IN SUGAR, SALT AND FAT.

### ***Foods we suggest:***

Multigrain or wholemeal bread, roll or wrap, with a savoury filling.

Fruit, savoury and fruit muffins (un-iced), plain unsalted crackers, yoghurts, vegetable sticks, cold meats, cheese, fresh fruit, dried fruits, dry biscuits, rice cakes, dips, popcorn, rice, pasta, soup.

### ***Foods we suggest that you don't provide:***

Chocolate, lollies, iced cake and slices, Fruit roll ups, sweet biscuits, chips, muesli bars that contain nuts or chocolate, LCM bars, custards, corn chips.

If a lunch is ordered from the school tuckshop, slushies and ice blocks are not available for purchase at Preschool.

## **Food safety**

### ***Our preschool:***

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.
- List any food allergies/intolerances, dietary requirements of children in medical folder and on display as per health care plans and consult it before any cooking experience.
- **As a health and safety conscious preschool, we ask that no nuts or foods containing nuts (incl. muesli bars, Nutella, peanut paste spread etc. be sent as a snack or lunch item.**
- We will liaise with families to create and implement support plans as we are made aware of children's individual requirements. All staff and volunteers will be made aware of needs of individual children.

- When preparing food children, staff, volunteers will wash their hands before any food is touched.
- Benches should be wiped down.
- The use of tongs should be promoted for serving food.

***Guidelines for special occasions, e.g., birthdays:***

- We will ensure a healthy food supply for preschool events and special occasions, limiting availability to foods which are highly processed, and high in fat, sugar, and salt.
- We understand that birthdays are momentous and exciting occasions, and we encourage families to celebrate these by supplying their child with a ‘fresh fruit platter. Due to allergy awareness and food intolerances and to remain in line with our healthy eating guidelines, please do not send your child with actual cake or lolly bags etc. Please speak to staff for more information.

## **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**  
**SA Health: Food Safety**  
**Work Health and Safety Act 2012**  
**Work Health and Safety Regulations 2012**  
**Australian Breast-Feeding Association Guidelines**  
**Staying Healthy: preventing infectious diseases in early childhood education and care services**

## Review

The policy will be reviewed by:

- Management
- Employees
- Families
- Interested Parties



**Chairperson**  
*Richard Ellerman*

**Dated: 12<sup>th</sup> August 2020**



**Principal**  
*Maria D'Aloia*

**Dated: 12<sup>th</sup> August 2020**