



Nutrition, Food and Beverages, Dietary Requirements Policy

Goal

Riverview Preschool aims to promote safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply*.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit 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.

Therefore:

- educators at this preschool model and encourage healthy eating behaviour.
- food and drink are consumed in a safe, supportive environment for all children.
- parents and caregivers are encouraged to supply healthy foods that fit within the Right Bite strategy for their children at preschool.

Curriculum

Our preschool's food and nutrition curriculum:

- 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 and caring for their bodies
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- Children use the vegetable garden and chicken eggs to support a healthy nutrition policy.
- integrates nutrition across the Early Years Learning Framework where possible, relating to the Learning Outcome: "Children Have a Strong Sense of Wellbeing"
- is part of the National Quality Standard, Element 2.2.1

The Learning Environment

Children at our preschool:

- have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly throughout the day
- are encouraged to bring their own named drink bottle
- eat in a positive, social environment with educators who model healthy eating behaviours



- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods including the life cycle of our chickens.

Our preschool:

- teaches the importance of healthy meals and snacks as part of the curriculum
- provides a positive environment which encourages nutrition, family and multicultural values
- is a breastfeeding friendly site

Food Supply

Our preschool:

- has the following guidelines for families for food brought from home:

1. Fruit Time :

Parents and caregivers are asked to supply a healthy snack comprising fresh fruits, vegetables, dried fruit or a slice of cheese to:

- provide children with important vitamins and minerals
- encourage a taste for healthy foods
- encourage chewing which promotes oral muscle development

Foods unsuitable for fruit time include:

- ALL NUT PRODUCTS or food that may contain traces of nuts
- Packaged food
- Cakes and sweets
- Cordials, soft drinks

2. Lunch care program:

- see separate policy

Food Safety

Our preschool:

- promotes and teaches food safety to children during food learning/ cooking activities
- encourages staff to access training as appropriate to the *Right Bite* strategy
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children

Food handling:

- We will follow food safety guidelines. See attached.

Food storage:

- lunch boxes must be stored in refrigerator and temperature checked to ensure it is under 5°C



Baby bottles: Refer Appendix 2 – Reheating Bottles

Food-related health support planning

Our preschool liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Fundraising/ special occasions

Fundraising activities which don't comply with the healthy eating guidelines will be assessed on an individual basis.

Working with families, health services & industry

Our preschool:

- provides information to families and caregivers through a variety of media such as:
 - Information on enrolment
 - Newsletters
 - Pamphlet / Poster displays
 - Policy development / review
- invites health professionals to be involved in food and nutrition activities with the children such as:
 - OPAL
- involves parents and caregivers in the review of our site policy.

Appendix 2 Reheating Bottles



RIVERVIEW PRESCHOOL CENTRE

Reheating bottles

1. Hands are to be sanitized with either soap and water in accordance to the Centre's handwashing procedures.
2. Bottles are not to be pre-made, supply bottle filled with correct amount of water and formula powder in separate container to be added when needed.
3. Bottle is to be placed in bottle warmer for approximately 10 minutes.
4. Hands must be cleaned thoroughly following the Centre's handwashing procedures or staff must wear gloves to remove the bottle from the warmer.
5. Check temperature of contents of bottle by pulling back one glove and placing a drip on the inside of your arm.
6. When feeding bottles to infants, staff must wear gloves or ensure that hands are thoroughly clean using the Centre's hand washing techniques.

Reviewed: 23rd March 2016

Ratified: