



Riverview Preschool Food and Nutrition Policy

Good nutrition is important for children's growth and development. The Riverview Preschool's food and nutrition policy aims to support parents in their provision of healthy, nutritious, and varied food choices for their child whilst in preschool or occasional care. Our policy is based on the Dietary Guidelines for Children and Adolescents in Australia (revised 2003; NHMRC). The policy will be reviewed every two years and will be communicated to parents at enrolment and kept in the Centre Policy Folder. Parents will be issued with the appropriate pamphlets "Lunchbox Checklist", Visual Food ideas chart and "Ideas to increase Essential Food groups in the Lunchbox" at enrolment. In partnership with parents, Riverview Preschool aims to promote and encourage the establishment of good eating habits early in a child's life.

Food brought from home

All food and drink is provided by parents. Water is available at the centre if required. Fruit snacks are kept in children's school bags for access during the morning. Educators put children's lunches into the fridge for health and safety purposes. If food is required warm, please bring a thermos and notify a staff member. Staff are unable to heat children's food as they are unable to safely manage the temperature of food.

Parents will be encouraged to provide their child with a variety of food from the essential food groups that will provide at least 50% of their recommended daily intake of key nutrients. Quantities may vary according to individual children's appetites. Lunch box guidelines and suggestions for, nutritious and safe foods will be given to parents on enrolment and are also attached to this policy. Food that is brought to the Centre outside of these guidelines (food with minimal nutrients, high in fat and/or sugar, or contains traces of allergies [nuts]) will be returned home with the child at the end of their preschool or occasional care session. Riverview Preschool is a part of the Kick Start Breakfast Club program which provides children with toast and fruit each morning.

Parents will be advised if their child is not eating well, or of any concerns.

Staff

Staff will actively support the Centre Food and Nutrition policy by:

- Helping parent's access nutrition information including healthy food choices and alternative options.
- Ensuring that all food consumed within sight of children adheres to the same guidelines established for the children.
- Sitting with children at meal and snack times in order to facilitate the provision of a safe, supportive and social eating environment for children.
- Teaching children about food and nutrition through food awareness activities and "hands on" food preparation activities and discussions.

Choking Hazards

To make eating safer for children staff will:

- Ensure children are always seated and supervised when eating.
- Never force a child to eat.
- Encourage children to eat slowly and chew well.
- Encourage children to feed themselves.

Children of any age can choke on food. Children under 4 years are most at risk because they:

- Do not have back teeth to chew and grind food.
- Are still learning to eat, chew and swallow.

Food Allergies and Intolerances

The needs of children with food allergies, food sensitivities or medical diets will be catered for in consultation with parents and the appropriate medical professionals. At/During enrolment, parents will be asked if their child has a known or suspected food allergy or intolerance. This information will be recorded on the child's enrolment form and an allergy form will need to be completed by the child's doctor/general practitioner. We will record the child's known or suspected food allergies/intolerances on an individual allergy photo card which will be laminated and displayed in the kitchen area alongside medications for all staff, including relievers to be aware.

Special diets for non-medical reasons (cultural, religious and other reasons)

Health professional input is not required but will be encouraged if the staff are concerned that the diet is not nutritionally adequate as a result of the diet request. Staff will ensure all religious or cultural diets are taken into consideration when planning cooking activities or events that require the centre to supply food.

In addition: "Pre-Packaged Snacks" must be less than 15g sugar and 10g fat per 100gms.

Exception: Muesli bars can be less than 20g sugar per 100g (with no nuts or chocolate) as we understand fruit content drives up the sugar content This information must be written by the manufacturer on the packaging supplied.

Other Exceptions: yoghurts, custards, cheese sticks and dried fruit.

A visual suggestion/not allowed chart is given to all families to ensure children and families are adhering to centre policy.

Perishable Foods.

Leftover food, which includes dairy products and other perishable foods, will be placed back in the fridge and handed back at the end of the day.

Special occasion/class party policies

Please do not send cakes or other birthday treats to kindergarten. To help celebrate a child's birthday, we encourage items such as stickers, stamps, bubbles, or pencils. If parents wish to bring in food, we ask them to provide a healthy snack avoiding foods with nuts (fruit skewers, sushi, or sandwiches).

During special events or end of year class parties, Riverview Preschool allows for less nutritious food to be used (known as orange or red foods). These foods must not contain nuts and cultural/religious/medical needs will be met.

Staff will monitor the distribution of foods deemed harmful to children with dietary needs.

All children are encouraging to use correct hand washing techniques to wash their hands before snacks/meals/cooking.

References:

Healthy Eating Guideline for schools:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/schools/healthy+eating+guidelines+for+schools>

KickStart for Kids website:

https://www.kickstartforkids.com.au/about-us/?gclid=EAlaIQobChMI4o6dgqjZ7wIVzA0rCh0_oQbaEAAAYASAAEgIkfD_BwE

NQS Quality Area 2: Children's Health and Safety:

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-2-childrens-health-and-safety>

Australian Dietary Guidelines

<https://www.eatforhealth.gov.au/guidelines>

APPROVAL DATE

March 2021

NEXT REVIEW

March 2023