



Guliyali Preschool Procedure

Nutrition, food and beverages and dietary requirements

Reviewed: 27/03/2019



Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	Preschool Handbook reference	School policy or procedure, where applicable
Regulation 168 (2)(a)	<p>The following department policies and relevant documents can be accessed from the preschool section of the department's website;</p> <ul style="list-style-type: none"> Nutrition in Schools Policy PD/2011/0420/V01 	Page 34 & 35	N/A

Resources:

Get up and grow: Healthy eating and physical activity for early childhood resources – Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity

NSW Health initiative **Munch and Move** – Healthy kids: eat well, get active

Department of Primary Industries NSW Food Authority has useful information to guide practices

The early childhood resource hub provides practical information and best practice guidelines for **promoting healthy eating and nutrition in education and care services**

At Guliyali Preschool, educators aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. 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 and activity whilst minimising illness.
2. Long term: Minimises the risk of diet related diseases later in life e.g. Heart Disease, Strokes, obesity, some Cancers and Diabetes.
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Curriculum

Our Preschool's food and nutrition curriculum:

- Is consistent with the Australia 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 health food.
- Integrates nutrition across the curriculum where possible.
- Is part of the Early Years Learning Framework and NQF.

The Learning Environment

Children at our Preschool:

- Are encouraged to bring a water bottle with their name on it.
- Have fresh tap water available at all times and are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff that model healthy eating behaviours.

Our Preschool:

- Understands and promotes the importance of breakfast for children
- Teach the importance of healthy meals and snacks as part of the curriculum.

Food Supply

Our Preschool:

Has the following guidelines for families for food brought from home:

1. PROGRESSIVE MORNING TEA:

Parents and carers are asked to supply fruit and vegetables at morning teatime to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development
- Fresh fruits, vegetables and a slice of cheese are recommended for morning tea time.

*Packaged or processed foods are discouraged. Unsuitable foods include **ALL NUT PRODUCTS, EGGS (due to anaphylactic reactions in some children)** packaged foods, peanut butter, nutella, cakes, sweets, jam, sweet biscuits and pre-packaged foods that contain traces of nuts (most do). Cordials and sweetened fruit juices are not recommended. We understand that at times families may run out of fruit. A healthy sandwich with savoury filling or plain unsalted crackers (e.g. Vitawheat) is most acceptable.

2. LUNCH:

The healthy eating guidelines will still be in place. Parents and carers are encouraged to follow the above guidelines and ask staff if they have any issues.

A healthy lunch box might include a sandwich, fruit, yogurt, vegie sticks etc. Please **do not include chocolate, muesli bars, roll ups, cake, sweet biscuits, “la snacks” or any pre-packaged snacks etc.** Please ask staff if you are unsure.

- Our preschool will educate families and children about the healthy alternatives that can be chosen for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks, in accordance with the Healthy Eating Guidelines.
- We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

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.

Food related health support planning

Our preschool:

- Liaises with families to ensure a suitable food supply for children with healthy support plans that are related to food issues.

Working with families, health services & industry

Our Preschool:

- Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- Invites health professionals to be involved in food and nutrition activities with the children when possible.
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:
 - Newsletters
 - Information on enrolment
 - Pamphlet/poster displays
 - StoryPark messages and notices
 - Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*