

NUTRITION, FOOD & SAFE STORAGE POLICY

AIM: To ensure that food and nutrition education at our preschool is consistent with the Food Act 2003 and the Dietary Guide for children. To ensure that food safety, handling and storage principles are followed in order to prevent the transmission of food borne illness.

PROCEDURES:

- We have a designated area to prepare food and to store food, which is safe and hygienic.
- Food preparation area is cleaned after each use.
- All staff are to wash hands before preparing food or using utensils and wear gloves.
- Staff are not to prepare food if suffering from any gastrointestinal illness until at least one full day after recovering.
- Staff are not to prepare food if the skin is broken on their hands.
- Staff to be aware and accommodate any special needs of children, in relation to special rules for storing, preparing or serving food.
- Staff to ensure that drinking water is provided and available to children at all times.
- **SCHOOL SNACK (morning or afternoon):** Parents are asked to provide a piece of fruit or vegetable for the snack tray each day. Cakes and biscuits are not considered acceptable for snack.

Staff to be aware of the **Fresh cut fruit and vegetables** Fact sheet (NSW Food Authority)

- **EXTENDED DAY LUNCH:** A nutritious, appropriately sized lunch is to be sent, eg a sandwich, piece of fruit and drink. Any food not consumed at lunchtime will be sent home so those parents are aware of what their child is eating, and can adjust the amount accordingly. Chocolate, chips and sweets are not considered appropriate lunch items and parents are asked to save such treats for home.

Lunches are to be stored in the refrigerator upon arrival at the preschool. However if a parent provides hot food in a thermos this maybe stored outside the refrigerator.

Children are never forced to eat. Any uneaten lunch is returned to the lunchbox to be taken home.

Staff are to discourage swapping of food.

Snack and lunch are used as a learning opportunity, incorporating cultural patterns, manners and role model observations.

During snack, children are seated at tables in small groups. They are encouraged to set tables, wash bowls or plates once used, clean utensils, and clean eating area.

At lunch, children are also seated at tables in small groups. Table linen is used. During this time children are encouraged to use proper eating habits and manners. At the end of lunch the children are to clean up their lunch and return uneaten food to their lunch box to be taken home. They are also encouraged to clean the eating area.

A copy of this policy is to be given to new extended day families and to be available on the website.

- **DRINKING WATER:** The staff at our centre will promote the drinking of water. We will ensure that the children have adequate fluid intake during the day.

A container of safe drinking water will be available outside on a table along with an adequate number of plastic cups.

- **FOOD INTOLERANCE AND FOOD ALLERGIES**

When a parent notifies the school of their child having a couple of food intolerances or food allergies then the school can accommodate but when the child has too many allergies or food intolerances the parent will be advised that the child will not be offered any food except fruit either at cooking time, birthday time, or food activities.

- **BIRTHDAYS:** Children may bring a healthy cake, cup cakes or fruit platter to share on their birthday if they wish. We ask that any decoration be kept to a minimum.

- **COOKING:** When cooking with the children ensure that food to be eaten is not too hot. Allow adequate cooling time.

- **EDUCATION:** The Nominated Supervisor will ensure that children are taught about nutrition through food-related activities.

- **STAFF:** To be aware of requirements outlined in Part 4.2 The Children's Health and Safety in the Education and Care Services National Regulations.