



Food and Nutrition Policy

Policy Statement:

Queanbeyan and District Preschool Association recognises the importance of promoting healthy eating habits in children. Whilst we respect the right of parents to provide the food of their choice, the QDPA and preschool staff will actively encourage parents to provide healthy and nutritious food for their child.

Purpose:

This policy will provide guidelines for ensuring that;

1. Parents will be responsible for providing a healthy snack and lunch for their children to consume at preschool.
2. Information outlining lunch box suggestions, healthy eating, and the safe storage of lunches will be available for parents. (For example; *Munch and Move* or *Get Up and Grow* leaflets).
3. The children will be educated about what foods should not be brought to preschool (example; foods containing nuts and other allergens).
4. Refrigeration will be available for dairy and meat products; however, parents are encouraged to pack a freezer brick in an insulated lunch box for their children's lunch or place perishable items into provided fridge containers.
5. Staff will be sensitive to the cultural diversity of the children in their care. As such, children will be encouraged to eat foods that are familiar to them.
6. Parents will be encouraged to pack foods that their children can eat independently.
7. For safety reasons children will not be allowed to chew gum or hard lollies whilst at preschool.
8. The staff will act as role models, and as such will not consume inappropriate food in front of the children.
9. Hot liquids will only be consumed by adults in areas away from the children. When eating at the tables with the children care must be taken not to leave soup or hot foods on the table when an adult is not present.
10. Information outlining hand washing procedures will be displayed in the kitchen areas in QDPA preschools.
11. Green chopping boards and sponges will only be used in kitchen areas to avoid cross contamination.
12. Tongs or other serving implements will be used if children are to share food (example; a class cooking experience or Birthday cake).
13. Refer to *Staying Healthy in Childcare* when sharing foods with a class.



Special Occasions:

Traditionally, significant occasions are celebrated with the sharing of special foods. Children will be encouraged to share personal and cultural celebrations by bringing in traditional food to share (example; sharing birthday cake)

Allergies:

For some children certain foods are known to cause an adverse or allergic reaction. In extreme cases, contact with particular food can cause an anaphylactic reaction which may be life threatening (example; a severe allergy to peanuts).

At the time of enrolment, parents will be issued with a note requesting that nut products not be included in the lunch box. (See the attached note).

It cannot be guaranteed that a child will not come into contact with a known allergen whilst at preschool. However, every reasonable effort will be taken to avoid such contact.

In the case of a child who is at risk of anaphylaxis, documentation and a medical action plan must be provided by the parent/guardian detailing;

- The cause of anaphylaxis
- The expected symptoms
- The course of action to be taken is exposed to a known allergen.

All staff will be made aware of this information and staff members with relevant training will always be at hand in case of an emergency. Individual Medical Management/Action Plans will be clearly displayed in preschool classrooms for all staff.

Statutory Legislation & Considerations:

- Education and Care Services National Regulations (2011)
- Children (Education and Care Services) National Law (NSW)
- National Quality Standards
- Early Years Learning Framework
- Privacy Act (2010)
- Child Protection Act (1999)
- The Disability Discrimination Act (Commonwealth) 1992
- Public Health & Wellbeing Amendment (No Jab No Play) Act 2015

Quality Area 2:	<i>Children's Health and Safety</i>	Date Approved:	June 2016
Quality Area 7:	<i>Leadership & Service Management</i>		



Scope of Policy:	<ul style="list-style-type: none">◦ Harris Park Preschool◦ Karabar Preschool◦ Waratah Preschool	Next review:	June 2017
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