



## NUTRITION POLICY

### AIM

The preschool will support the children, parents/guardians and staff to gain knowledge about the current Eat For Health Australian Guidelines.

### PROCEDURE

#### **To assist and supervise children to receive nutritional and appetising food by:**

- Encouraging all families to use the fridge provided to store lunch and snack food.
- Encourage parents/guardians to pack lunch into a small lunch box, snack separately in small container or in bags provided, due to space restrictions within the fridge.
- Promote the preschool as a peanut product free zone.
- Children with dietary requirements will provide their own food.
- Provide strategies for how the centre will accommodate children with dietary requirements.
- Displaying and send home a list of recommended food at the preschool. ('Food Guide' attached)
- Collaborating with families to gain an understanding around their food choices and ways the service can support them to follow the preschool food guide.
- Ensuring water is always available to the children and staff.
- Ensuring nutritional snacks are always available as emergency food.
- Collaborating with families around their child's nutritional needs while at preschool (e.g. providing alternative/additional/less food)

#### **To assist children to establish safe and hygienic food practices.**

- Children and staff will wash their hands prior to handling or eating food.
- Children will be discouraged from touching and sharing other children's food.

#### **To provide an eating environment that promotes and celebrates the diversity of tastes and cultures of families**

- Staff members will sit with the children at mealtimes and discuss engage in discussions with children about the different/similarities of foods, flavours, likes and dislikes.
- Activities will be presented to promote food awareness of foods from different cultures.
- Special occasions will be celebrated with culturally appropriate food.
- Birthday celebration foods are encouraged. Children with medical or food intolerance needs are required to provide alternative food to freeze for these special occasions. Families who do not celebrate specific occasions will have alternative options in place. This will be discussed at the commencement of enrolment.

#### **To educate the children about food and nutrition.**

- Food awareness activities will be included in the preschool program.
- Children will be encouraged to have practical experience in food preparation.
- Educators will model, reinforce and implement healthy eating practices with the children at mealtimes