



NUTRITION, FOOD, BEVERAGES AND DIETARY REQUIREMENTS POLICY

POLICY STATEMENT

Lennox Head Community Preschool is committed to promoting healthy eating, safe food practices and positive mealtime experiences for all children.

The Preschool recognises that nutrition plays an essential role in children's growth, development, wellbeing and learning. We support children and families to make healthy food and beverage choices consistent with the Australian Dietary Guidelines, Get Up & Grow resources and current food safety standards.

The Preschool values cultural diversity and acknowledges the importance of respecting individual dietary, cultural, religious and medical requirements. Children will be supported in a safe, inclusive and responsive environment where healthy eating habits are encouraged and positive relationships are fostered during mealtimes.

PROCEDURES

Healthy Eating and Nutrition

The Preschool will:

- promote healthy eating practices in accordance with the Australian Dietary Guidelines
- provide families with information about healthy lunchbox choices and nutrition
- support children to develop positive attitudes toward healthy food and beverages
- encourage children to drink water throughout the day
- ensure safe drinking water is always readily available
- promote the Preschool as a peanut and nut aware environment
- encourage families to provide nutritious food options and minimise highly processed foods high in sugar, salt and saturated fats
- ensure all food provided by the service or brought from home considers children's individual dietary requirements, allergies and medical needs.

Dietary Requirements and Allergies

The Preschool will:

- work collaboratively with families to identify children's dietary, cultural, religious and medical requirements
- maintain accurate records of allergies, intolerances and dietary restrictions within enrolment records
- develop risk minimisation plans for children with food-related medical conditions where required
- ensure educators are informed of children's dietary needs and understand procedures to minimise risks
- implement strategies to prevent cross contamination and accidental exposure to allergens
- ensure children requiring alternative meals or foods are safely supported.

Food Safety and Hygiene

Educators and staff will:

- follow current Food Standards Australia New Zealand requirements and safe food handling procedures
- wash and dry hands thoroughly before handling food and prior to children eating
- ensure food is stored, prepared and served hygienically
- supervise children during all eating and drinking experiences
- ensure children remain seated while eating
- discourage sharing of food and drink between children
- safely store lunchboxes and perishable food items in refrigeration where required

- clean and sanitise eating surfaces and food preparation areas regularly
- maintain food temperature and hygiene monitoring procedures where applicable.

Positive Mealtime Practices

Educators will:

- create calm, relaxed and social mealtime environments
- sit with children during meals and engage in positive conversations about food and nutrition
- respect children’s appetite, preferences and individual needs
- encourage children to try new foods without pressure or coercion
- promote children’s independence and agency during meal and snack times
- support children to participate in food preparation and healthy eating experiences where appropriate
- incorporate food awareness and nutrition experiences into the educational program.

Families

Families are encouraged to:

- provide nutritious foods that support healthy growth and development
- advise the Preschool of any dietary, allergy or medical requirements
- update educators regarding changes to dietary needs
- support the Preschool’s healthy eating and allergy aware procedures
- collaborate with educators regarding children’s nutrition and wellbeing.

ROLES AND RESPONSIBILITIES

The Approved Provider will:

- ensure obligations under the National Law, National Regulations and food safety legislation are met
- ensure safe food handling, preparation and storage practices are implemented
- ensure educators and staff receive appropriate food safety and hygiene training
- ensure policies and procedures are reviewed regularly
- ensure children’s safety, rights and wellbeing remain the paramount consideration.

The Nominated Supervisor will:

- oversee implementation of nutrition and food safety procedures
- ensure children’s dietary requirements are safely managed
- ensure educators maintain current knowledge of healthy eating and food safety practices
- support communication with families regarding nutrition and dietary needs.

Educators and staff will:

- follow nutrition and food safety procedures
- support positive mealtime experiences
- supervise children during meals and snacks
- ensure children’s dietary requirements are consistently followed.

LEGISLATIVE REQUIREMENTS

- Education and Care Services National Law Act 2010
- Section 2A – Paramount consideration: safety, rights and best interests of children
- Education and Care Services National Regulations
- Regulations 77–80
- Regulations 90–91
- Regulations 160, 162, 168–172
- Food Standards Australia New Zealand
- Food Act 2023
- Work Health and Safety Act 2011.