

West Epping Pre School Food and Nutrition Policy

The parents of the children at West Epping Pre School are to provide morning tea and lunch for their child.

Goal

To supervise and assist children to receive safe and nutritious food.

Strategies

- Parents will receive advice on both suitable and unsuitable food to pack for their children. Families and children will receive information about the range of healthy food groups. Sweet biscuits, lollies, chips, chewing gum or chocolate is to be discouraged.
- Food arriving at the pre school will be appropriately packaged in containers or lunch boxes that are clearly labelled. Food will be stored at safe temperatures. Prepared food such as sandwiches, cut fruit and any dairy products will need refrigerating. Unprepared food such as muesli bars, uncut fruit, snack packs will go straight into the child's locker.
- Morning tea or lunch baskets will be provided for parents to place their child's food into.
- Parents will be required to provide children with a water filled drink bottle. This will be refilled with water as required by the child.
- Water bottles will always be available for children to access throughout the day. Children will be encouraged to drink water throughout the day and staff will refill children's bottles with filtered water.
- Any dairy products provided by the pre school will be full cream milk.
- Emergency food will be available for children who do not have food for the day.
- Parents will be advised when their child is not eating well.
- Uneaten food will be sent home so parents will be aware of their child's food intake, and possible dislikes of food.
- Children will wash their hands before handling food or eating meals and snacks.
- No peanut butter or peanut based products will be sent from home or given by staff according to the Peanut Butter Policy.
- It is acceptable to celebrate a child's birthday at pre school. Families may send 20 cupcakes or 1 large cake, preferably a butter cake as chocolate may exclude those children who have special diets.
- Parents of a child who may have allergies may freeze cakes etc at pre school that can be thawed on "birthday days."

Goal

To provide an eating environment that assists the transmission of family and multicultural values.

Strategies

- Staff members should sit with the children at mealtime.
- Children will be encouraged to always sit while eating.
- Food is never to be used as a form of punishment either by its provision or denial.

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- Multicultural differences will be recognised and where possible integrated within the program
- Food awareness activities will be chosen from a variety of cultures.
- Special occasions may be celebrated with culturally appropriate foods.
- Parents will be invited to at least one food occasion each year.

Goal

To teach children about food and nutrition.

Strategies

- Food awareness activities will be included within the pre school programme. Healthy eating will be encouraged through play experiences. Resources will reflect food types, cooking utensils from diverse cultures, cooking, books, posters, felt boards, stories & discussions will be part of the healthy eating curriculum.
- Children will be encouraged to get practical experience in food preparation.
- The foods being eaten by the children will be discussed with them.

Goal

For staff to be aware of and practise safe food handling procedures.

Strategies

- To use single use gloves when handling children's food.
- To encourage children to only eat food from their own lunch box/bag.
- To refrigerate food that has been prepared at home for the child. Unprepared food such as uncut bananas, muesli bars, sealed packaged food etc does not require refrigeration.
- Birthday cakes will be covered with plastic so children will not "blow" germs onto the cake.
- Children will be encouraged to rinse mouth with water after eating.

Parent Reference

Easy Lunch and Snack Guide for Children.

Australian Guide To Healthy Eating.

2-5 Fruit & Vegetable

Caring for Children Food Nutrition and Fun Activities.

Related Policies

Food and Anaphylactic Policy