



RICHMOND PRESCHOOL KINDERGARTEN Assoc. Inc

**110 March Street, Richmond
PO Box 149, Richmond 2753**

**Phone: (02) 4578 2647
A.B.N. 66 612 684 640**

e-mail: admin@richmondpreschool.org.au

www.richmondpreschool.org.au

NUTRITION

Aim

- Encourage healthy eating habits in young children by ensuring parents provide children with nutritious food for the day at preschool.
- Provide parent education regarding healthy food and drink options for children.
- Reinforce healthy eating habits and good nutrition through the preschools program.
- Provide a positive eating environment which reflects cultural and family values
- Follow the key messages outlined in *Munch and Move* and support the National Healthy Eating Guidelines for Early Childhood settings.

Scope

This policy applies to children, families, educators, staff, management, and visitors of Richmond Preschool

Implementation

- Richmond Preschool recognizes the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care.
- All families will be provided with a copy of the Nutrition Policy at orientation.
- Richmond Preschool will provide all parents with information regarding healthy eating habits via the Parent Information Book, reminders in the newsletter as well as information passed on from Hawkesbury District Health Services and by distribution of any N.S.W. Health Department literature/pamphlets.
- Promote the key messages from *Get up and Grow*.
- A list of recommended and discouraged food will be given to all families and displayed on each fridge and the notice board from time to time.
- We discourage the provision of highly processed snack foods high in fat, salt and/or sugar, and low in essential nutrients in childrens lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, some muesli bars and fruit filled bars and chips.
- Parents are asked to place all foods in the fridge in the child's room upon arrival at preschool. All food should be clearly labeled with their child's name.
- Richmond Preschool provides drinking water at all times via a 3 bubbler trough on the verandah.
- We support mothers who are breastfeeding
- At lunch and snack water is provided for the children.
- Children can bring water to preschool in a drink bottle

- Richmond Preschool will provide a lunch for children who do not bring anything (i.e. basic sandwich or Jatz and cheese).
- Food is not reheated
- We will support families in providing healthy food and drink to their children.
- Children are exposed to food of different cultures via cooking experiences. Children are encouraged to try the different food. Discussions are a follow up to the experience.
- Children and educators wash their hands before handling food or eating meals and snacks
- Children are encouraged to participate in a variety of 'hands on' food preparation experiences
- Food awareness activities will be included in the preschool programs to foster awareness and understanding of healthy foods and drinks. Ingredient notes will be displayed for parents.
- Where there is a family with cultural practices regarding food, Richmond Preschool will ensure these are respected and adhered to. There is an opportunity on the enrolment form to inform educators of such practices.
- Where there is a child with an allergy to a certain food / food group Richmond Preschool will try to ensure the child does not come into contact with this food (see Safety Policy and Food Intolerance/ Allergy Policy) and consult with families to develop individual management plans..
- Children who have allergies or intolerances will have an alternative food supplied for them by their family so that they can celebrate special occasions with the other children.
- Food that does not meet requirements as set out in the Information Book will be sent home. Richmond Preschool will provide suitable replacement if no other food has been provided for the child. Educators will explain to child and parent why the food is not suitable.
- Remember just because something is from the health food aisle doesn't make it a healthy option.
- We understand that families may use alternate ingredients when cooking but to children they still look like regular ingredients ie cacao looks like chocolate, sugar free jelly looks like jelly. Its best to avoid sending items like this , so that we are not confusing children and putting them in a position where they may be questioned by their peers.
- Ensure that children do not have access to foods that may cause choking
- Foods that children are encouraged to bring are from the 5 healthy food groups.
- We will ensure Children are supervised when they are eating or drinking.
- Educators will access appropriate professional development when offered to enhance their knowledge about early childhood nutrition.
- Richmond Preschool educators are aware of *Australian Dietary Guidelines*
- Food preparation will be carried out on hygienic surfaces (see hygiene policy).
- The temperature of the refrigerator will be monitored to ensure it remains around 3.5 degrees C or below.
- Food is stored and served at safe temperatures ie below 5C or above 60 C
- Separate sinks are used for craft and food preparation/washing up.

- All food will be handled using tongs, and/or gloves, and/or washed hands.
- Children will be discouraged from handling other children's food and utensils.
- Educators create a relaxed atmosphere where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Educators role model healthy food and drinks.
- Food is not used as a reward or incentive.
- Educators communicate regularly with families and provide information and advice on appropriate food and drink to be included in childrens lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation and informal discussions.
- Special occasion food (e.g. birthdays, Christmas parties, topic associated) is provided from time to time. Educators will ensure children consume this food safely i.e. consideration of content and amount.
- Being a DEC funded service, Richmond Preschool is required to meet certain guidelines and standards, one of those being providing nutritional advice and encouragement to families.

Documentation

Source	Education and Care Services National Regulation Health and Safety in Children's Centers Model Policies and Practices. Caring for Children.5 th Edition. Staying Healthy in Childcare 4th Edition Hawkesbury Area Health Services. National Quality Standards Munch and Move Get up and Grow
Related Policies	Hygiene, safety, curriculum/programming, food intolerance/allergy
Forms, record keeping or other organizational documents	Information book, newsletters, pamphlets/handouts, munch and move info sheets
Legislation	Reg 168(2)(a) 77 78 Sec 51(1)(a) QA2 2.1, 2.1.3, 2.1.2, QA7 7.1.3

Some lunch time ideas:

- Sandwiches, wraps, rolls (on variety of breads e.g. pita, pocket, rye, multigrain, Lebanese, mountain bread)
 - salad
 - vegemite

- egg
- salmon/tuna
- cottage cheese
- chicken
- ham
- Baked beans
- Fruit
- Spaghetti
- Fruit salad
- Rice salad
- Noodle salad
- Yoghurt
- Custard
- Tinned fruit (no added sugar)
- Cheese
- Baked vegetable slices
- Rice crackers
- Dips
- Dried fruit e.g. sultanas, prunes, dates, apricots, etc
- Rissoles/fish cakes
- Salada/Vita Wheat
- Vegetables e.g. cucumber, celery, tomatoes, baby beets, snowpeas, carrot sticks, capsicum.

Remember to ensure your child's lunch is SAFE, please store it in the classroom refrigerator. Please place an icebrick into your child's thermal lunch bag to ensure inside temperature is kept cold. Food poisoning can result from incorrect storage of food so store lunches safely.

Foods best enjoyed at home and not at preschool

- Packet chips/twisties/corn chips/cheezels etc
- popcorn
- Peanut butter
- Nutella
- Lollies
- Nuts
- Anything chocolate
- Flavoured milk
- Chocolate, cream or iced biscuits
- Iced cake
- Fairy bread
- Jelly /jelly cups/fruit jelly
- Fruit lollies
- Desert cups eg yogo