



MADGE SEXTON KINDERGARTEN

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Nutrition, Food and Beverage Policy

This policy/procedure must be read in conjunction with the following:

[Nutrition, Food and Beverages, Dietary Requirements Policy Guidelines \(acecqa.gov.au\)](http://acecqa.gov.au)

MADGE SEXTON KINDERGARTEN IS AN ALLERGY AWARE KINDY

We often have children at risk of ANAPHYLAXIS to NUT PRODUCTS:

We ask that families do not pack nuts or nut products for Kindy

Please note that this does not include foods that state 'may contain traces of nuts'.

Families will be notified if there are extra foods that need to be restricted.

The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place in relation to nutrition, food and beverages, and dietary requirements.

As part of our commitment to the health, safety and wellbeing of children at Madge Sexton Kindergarten we prioritise safe practices for handling and preparing food, role-model food safety and hygiene practices, as well as support healthy food and beverage choices according to each child's needs. We promote a healthy lifestyle, including healthy eating and physical activity and support children and families' understanding about the importance of nutrition and food choices. Educators incorporate children's agency and decision-making into the educational program and plan food-related experiences that enable this.

As per our medical conditions policy, a plan is developed in consultation with families of children with a specific health care need, allergy or relevant medical condition. This is to ensure that:

- The risks of the child's specific health care need, allergy or relevant medical condition are assessed and minimised.
- Practices and procedures for the safe handling, preparation, consumption and service of food are developed and implemented.
- Practices and procedures ensure that families are notified of any known allergens that pose a risk to a child and strategies for minimising the risk are developed and implemented.
- Practices and procedures ensuring that all educators, staff and volunteers can identify the child, the child's management plan and the location of the child's medication are developed and implemented.
- Practices and procedures ensuring that the child does not attend the service without medication prescribed by the child's medical practitioner for that child's specific health care need, allergy or relevant medical condition are developed and implemented.

Implementation

Children's fruit and named water bottle is kept in their bag so that they can access them independently as needed. Named lunch boxes are stored in tubs within the storeroom until lunchtime. Children eat in a positive, appropriate, social environment with staff who model healthy eating behaviours. Children have access to fresh, clean tap water at all times and are encouraged to drink water regularly throughout the day.

Fruit time

Morning fruit time is compulsory, please pack at least one piece of fresh fruit or vegetable in your child's bag. Afternoon fruit time is optional, children can also finish off lunch at this time if they wish, children may choose not to eat anything at this time.

Lunch

Families are encouraged to place an ice brick in lunchboxes if there are foods that need to stay cool as refrigeration is not available for lunchboxes.

At lunch time children usually sit at tables which they help to set with a tablecloth, water jugs and glasses. Children are required to drink at least one small glass of water during lunch. Sometimes we have a picnic for lunch and children drink from their water bottles.

Lunch is a social time, where children are encouraged to get to know each other, once they take a seat at the table, they wait for all the children to sit down before they start eating their lunch.

Children are reminded to not share food with other children at kindy and we ask families to also talk to their child about the importance of this.

We strongly encourage all children to begin their lunch by consuming the main part of their meal first this could include but is not limited to: sandwich, sushi, wrap, fried rice, raw vegetables. Eating a substantially nutritious main course ensures children feel full and have enough energy for the day, while also encouraging them to learn about healthy food choices.

Families are encouraged to limit the number of 'sometimes foods' (for example chocolate, chips, bars) that are provided in their child's lunchbox.

Lunch orders

Lunch can be ordered through the McLaren Vale Primary School Canteen using the Qkr! App. Download the app, then search for McLaren Vale Primary School. An up-to-date copy of the canteen menu can be found on the McLaren Vale Primary School's website.

Curriculum

Our Kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies and crisps to no more than twice a term, if at all, in accordance with the Healthy Eating Guidelines.

Children's Birthday Celebrations: Often staff are asked by parents if they are allowed to bring in a treat to give out to the children to celebrate their child's birthday. After much discussion, Governing Council and Staff would prefer if items are not brought in from home and instead, Kindergarten staff will ensure that every child has "Happy Birthday" sung to them by all of the staff and children and will also receive a birthday certificate, sticker and a balloon.