



Cumberland Pre-School Kindergarten
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Government of South Australia
Department for Education

NUTRITION, FOOD AND BEVERAGES, & DIETARY REQUIREMENTS POLICY

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Background

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 children's health, safety, and wellbeing, we role-model food safety and hygiene practices, as well as supporting healthy food and beverage choices according to each child's needs.

Cumberland kindergarten is devoted to providing an education around healthy food habits and encouraging the development of healthy bodies and minds. This policy builds on the DfE "Right Bite" strategy and provides the framework by which educators and parents together develop children's lifelong relationship with healthy foods. Healthy eating practices also help the development of children's speech and sounds. The chewing action is necessary to exercise and strengthen the jaw, needed for the complex development of speech. This policy and procedure covers important health and safety implications that may have a life threatening impact for some children or adults.

Principles

This policy has been developed based on the following principles:

- the health and safety of all students, especially those with severe, rapid, and life threatening (anaphylactic) responses to food allergens.
- providing a consistent approach to the management of food handling, dietary requirements, special occasions, and cultural considerations; and
- providing children with an education around healthy food choices that allows them to grow into happy, healthy people.

Scope

This policy applies to all staff, parents and site visitors
There are no exemptions

Context

DfE 'Right Bite' strategy
National Quality Standards and Regulations
Regulation 168 (2) (a) (i)
National Quality Standard 2.1

POLICY

Allergen Awareness

The most common food allergens are peanuts, tree nuts, eggs, dairy foods, fish and sesame seeds. Food restrictions will reflect the needs of the children attending and may be subject to revision, please discuss the dietary needs of your children with educators. However, due to the prevalence of nuts allergies, always we require that **NO NUTS** (including peanut butter and nutella) are brought to kindy.

Eating at Kindy

Cumberland kindergarten observes three formal food breaks throughout the kindy day, morning and afternoon 'fruit time' and lunch. Each day children should bring:

1. Two serves of fruit or vegetable for 'fruit time'. This may be fresh or dried (eg. dried apple, apricots, sultanas, etc.), and remain in children's bags until 'fruit time', **please pack separately to lunch**
2. A lunchbox, to remain in children's bags until 'lunch time', **(please pack fruit separately to lunch,)** consisting of:
 - Breads and cereals for body and brain energy and to help fill hungry tummies, eg. wholegrain sandwiches, rolls and wraps, pikelets, fruit bread, wholegrain plain savoury biscuits, rice, pasta.
 - Meat and other protein foods for strong muscles, eg. lean meat in wholegrain sandwiches or salads, left-over meat based casseroles and pastas (these will be served cold as the kindergarten cannot heat up food), boiled egg (pre-peeled).
 - Dairy foods for strong bones, eg. reduced fat cheese slices, reduced fat cheese in sandwiches, reduced fat yoghurt
 - Fruit and vegetables for vitamins, minerals and fibre, eg. carrot sticks, cherry tomatoes, cucumber, apples, pears, strawberries, bananas, etc.
3. A drink bottle containing only water. Water is available throughout the day.

Additional notes

- Please ensure all lunchboxes, containers and drink bottles are clearly labelled with children's names. Lunchboxes should have cold packs to retain freshness and avoid spoiling.
- Examples of foods not consistent with the policy are: plain sweet biscuits and flavoured savoury crackers (eg. Shapes), flavoured rice crackers, nutella, jam, cakes, chocolates, chips, sausage rolls, chicken nuggets, croissants, lollies, muesli bars, fruit straps and bars, fruit juice and cordials.
- Please see staff if you have any questions about appropriate foods for lunch, we have many resources available for guiding healthy food choices in children's lunchboxes.

Responsibilities

Staff

- Will encourage children to wash their hands prior to handling any food
- Will encourage children to be independent in managing their own food and feeding themselves
- Will encourage children to sit down whilst eating in the designated areas
- Will supervise children while they are eating
- Will encourage children to dispose of their own food scraps in the appropriate buckets for recycling and composting
- Will ensure that children do not swap their food for another child's to avoid unknown adverse reactions
- Will ensure that children are reminded to drink sufficiently to avoid dehydration
- Will support children to learn to listen to their body's needs for food and water and respond accordingly, eg. Knowing when they are hungry, full, or thirsty.

Parents

- Will be made aware of this policy upon enrolment of their child at the centre
- Will be encouraged to support this policy and where difficulties arise in the provision of suitable foods, parents will be consulted
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs, then provision for this can be discussed with the Director.

Cooking at Kindy

Throughout the year we will undertake cooking and food preparation activities with the children. We aim to include opportunities for children to develop practical food skills, and undertake activities that provide children with knowledge, attitudes, and skills to make positive healthy food choices. We want them to be aware of foods from cultures within our Kindy and local community, and to learn how to make food culturally sensitive and inclusive. We will encourage children to try new foods and expose them to new recipes. These recipes will be shared with families.

Special occasions

At Cumberland Kindy we enjoy celebrating children's birthdays or special occasions in a way that supports our food policy. We celebrate with your child at mat time by inviting them to stand in front of the group, having a birthday chat, giving them a card, singing happy birthday and then blowing out the candles on our fake cake. We ask that you do not bring in anything extra that is inconsistent with our policy such as birthday cakes, cupcakes, lollies or high sugar, salt and fat foods such as chips, chocolates and biscuits.

Version #	Approval Date	Approved By	Review Cycle	Review Date
1.0	July 2017	Governing Council	2 years	July 2019
2.0	September 2021	Governing Council	2 years	September 2023
3.0	May 2024	Governing Council	2 years	May 2026