

## Coonamble Public School Preschool



### Nutrition, Food and Beverages and Dietary Requirements Procedure

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated department policy, procedure or guideline
2.1	Regulation <a href="#">78</a> Regulation <a href="#">79</a> Regulation <a href="#">80</a>	<a href="#">Leading and Operating Department Preschool Guidelines</a> <a href="#">Nutrition in Schools Policy</a> <a href="#">Allergy and Anaphylaxis Management Within the P-12 Curriculum</a>
<b>Pre-reading and reference documents</b>		
<a href="#">ASCIA Guidelines for the prevention of anaphylaxis in schools</a> <a href="#">NSW Food Authority: Children's Services Voluntary Food Safety Template</a> <a href="#">Munch and Move Healthy Eating Resources</a> <a href="#">Australian Dietary Guidelines</a> <a href="#">Eat for Health Website</a>		
<b>Related procedure</b>		
Dealing with medical conditions in children		
<b>Staff roles and responsibilities</b>		

<p><b>School principal</b></p>	<p>The principal as Nominated Supervisor, Educational Leader and Responsible Person holds primary responsibility for the preschool.</p> <p>The principal is responsible for ensuring:</p> <ul style="list-style-type: none"> <li>· the preschool is compliant with legislative standards related to this procedure at all times</li> <li>· all staff involved in the preschool are familiar with and implement this procedure</li> <li>· all procedures are current and reviewed as part of a continuous cycle of self- assessment.</li> </ul>
<p><b>Preschool supervisor</b></p>	<p>The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection. This includes:</p> <ul style="list-style-type: none"> <li>· analysing complaints, incidents or issues and what the implications are for the updates to this procedure</li> <li>· reflecting on how this procedure is informed by relevant recognised authorities</li> <li>· planning and discussing ways to engage with families and communities, including how changes are communicated</li> <li>· developing strategies to induct all staff when procedures are updated to ensure practice is embedded.</li> </ul>
<p><b>Preschool educators</b></p>	<p>The preschool educators are responsible for working with leadership to ensure:</p> <ul style="list-style-type: none"> <li>· all staff in the preschool and daily practices comply with this procedure</li> <li>· storing this procedure in the preschool, and making it accessible to all staff, families, visitors and volunteers</li> <li>· being actively involved in the review of this procedure, as required, or at least annually</li> <li>· ensuring the details of this procedure’s review are documented.</li> </ul>
<p><b>Procedure</b></p>	

<p><b>Supporting breastfeeding</b></p>	<ul style="list-style-type: none"> <li>· The preschool is a breastfeeding - friendly place. Signage is displayed in the foyer to notify families that the preschool is a breastfeeding friendly place. The front room is a comfortable environment, which can be used for breastfeeding.</li> </ul>
<p><b>Access to safe drinking water</b></p>	<ul style="list-style-type: none"> <li>· Families are expected to provide their child with a full bottle of water each day. These are stored in water bottle holders which are moved indoors and outdoors to make water accessible to the children at all times of the day. Staff refill children's water bottles from the filtered water tap. Water bottles are checked at recess, lunch and afternoon tea to ensure they have water.</li> <li>· The educational program explicitly teaches and promotes water as the drink of choice for good health. Children are discouraged from bringing sweet drinks to preschool. Water is promoted to children and families through: <ul style="list-style-type: none"> <li>- discussion with families at enrolment.</li> <li>- referring to drink bottles as 'water' bottles, that at preschool only contain water.</li> <li>- Munch and Move information flyers</li> <li>- displays which highlight the sugar content in drinks</li> <li>- Signage to make families aware that water is the only drink in preschool.</li> </ul> </li> </ul>

<p><b>Nutritious food</b></p>	<ul style="list-style-type: none"><li>· The preschool does not provide food for children. Families supply their child with lunch and snacks for morning and / or afternoon tea. Families are encouraged to provide nutritious foods for their children at preschool.</li></ul> <p>Strategies for encouraging nutritious food -</p> <ul style="list-style-type: none"><li>- Munch and Move flyers are sent to all families,</li><li>- parent information sessions to promote healthy choices and share expectations of lunch boxes,</li><li>- displays which educate families on what the salt and sugar content is in different lunch box options</li><li>- Instead of this try this... flyers</li><li>- Regular face to face discussions around sugar and salt content.</li></ul> <ul style="list-style-type: none"><li>· Parents are informed that the preschool is <i>nut aware</i> and foods that contain nuts are discouraged, through the information booklet, 'no nuts' stickers, discussions, and signage.</li><li>· If a child enrolls who is allergic to another food, such as sesame seeds or eggs, these foods are also discouraged.</li><li>· The educational program and daily routines explicitly teach and promote healthy food choices through:<ul style="list-style-type: none"><li>- using the terms <i>everyday</i> foods and <i>sometimes</i> foods</li><li>- educator led discussions around healthy food choices</li><li>- projects that incorporate healthy food and beverage choices.</li></ul></li><li>· Educators role model healthy food and drink choices and sit to eat with children, engaging them in discussions about healthy food choices.</li></ul>
<p><b>Storing and reheating food</b></p>	<ul style="list-style-type: none"><li>· Any perishable items brought to preschool by the children are stored safely in the preschool fridge until they are consumed. The preschool fridge is kept at a temperature of below 5 degrees celsius, using a fridge thermometer. This is checked daily during the completion of the daily indoor checklist.</li><li>· When a child's lunch needs to be reheated, this is done by using the microwave to reheat the food until it is hot all the way through – a minimum of 60°C. This is tested using a thermometer. If additional information is required, refer to <a href="#"><u>NSW Food Authority: Children's Services Voluntary Food Safety Template.</u></a>)</li></ul>

**Consuming  
food at  
preschool**

- Consideration is given to where children with food allergies and at risk of anaphylaxis are seated when eating with the group.
- The children's food is monitored by the educators to ensure none contains a trigger food for another child.
- The children are asked not to share food with other children.
- During afternoon tea, children's fruit is cut up by the Preschool SLSO and shared amongst the children using tongs and plates. This is monitored by both teacher and the SLSO to ensure food is not contaminated.
- Parents/carers are notified via Kinderloop, the preschool handbook and flyers, about the requirement to provide an ingredient list, when providing shared food for celebrations or parties. The flyer (appendix) is sent out at the beginning of each year and shared on Kinderloop.
- Special events such as birthday celebrations or class parties which involve the sharing of food are closely monitored to minimise risks of food contamination and the consumption of trigger foods. If a child is present who has an allergy to the special food they may be asked prior to supply their own food or if practicable all families are requested not to use the particular ingredients. When serving from a communal bowl or tray, tongs are used, food is kept covered and any shared cutlery used are disposable or washed in a dishwasher after use.
- Food handling spaces are kept clean and hygienic by:
  - using colour coded cutting boards for food preparation and are replaced regularly.
  - kitchen cloths are colour coded and washed at least weekly
  - food preparation implements are not used for any other purpose.
- Food is not used as an incentive or reward throughout the day.

<p><b>Cooking with children</b></p>	<ul style="list-style-type: none"> <li>· Before cooking activities, all children and adults wash and dry their hands thoroughly.</li> <li>· As directed by department policy, peanuts, tree nuts or any nut produce are not used in any cooking activity (this does not include foods labelled as 'may contain traces of nuts'). Additionally, any ingredient for which a currently enrolled child has a known allergy, intolerance or is at risk of anaphylaxis for, is not used.</li> <li>· Children who have had vomiting or diarrhoea do not participate until they have been symptom - free for 48 hours. If the preschool has recently had, or is currently experiencing, an outbreak of gastrointestinal disease, no cooking activities are held.</li> </ul>
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<p><b>Record of procedure's review</b></p>
<p><b>Date of review and who was involved</b></p>
<p>23/2/2021 Natalie Kenny, Shiralee Robinson, Annette Thomson, Emma Horan, Carolyn Jones</p>
<p><b>Key changes made and reason/s why</b></p>
<p>Change to format. It is now in line with the Department of Education format.</p>
<p><b>Record of communication of significant changes to relevant stakeholders</b></p>
<p>Procedure will be presented at the next P&amp;C meeting by Annette Thomson and added to Kinderloop for parents/carers to view.</p>

## Record of procedure's review

### Date of review and who was involved

23/2/2022 Leanne McMaster, Shiralee Robinson, Anthea Robinson, Miriam McKeown, Carolyn Jones

### Key changes made and reason/s why

The removal of the large water bottle for children to access.

The addition of sharing the requirements with families who would like to provide children with food for celebrations and parties. Parents must provide an ingredient list to ensure staff and students are aware of the ingredients in case of allergies.

### Record of communication of significant changes to relevant stakeholders

Procedure will be presented at the next P&C meeting by Anthea Robinson and added to Kinderloop for parents/carers to view.



# IMPORTANT

At Coonamble Public School we enjoy celebrating birthdays and other special occasions with a cake or other food items that parents have provided for the class. However, we are aware that some foods may trigger allergies and anaphylaxis. **Please be advised that any foods which are to be shared must come to the school accompanied by an ingredients list.** This may be the manufacture's list on the packaging or a list of ingredients you have used to make the food item. This addition will ensure that staff and students can make informed decisions about what they are eating. If you have any questions, please contact the school for further clarification.





# Excellent

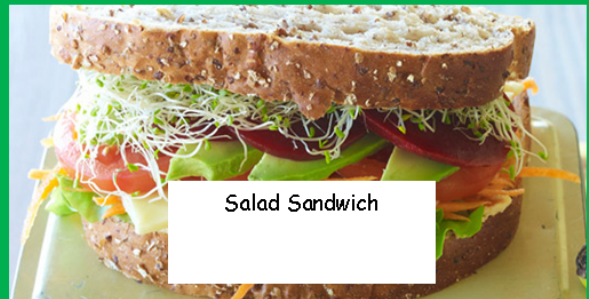
Sugar: <3g  
Sugar level with fruit: <25g  
Sodium: <120mg



Sugar: 0.8g  
Sodium 2mg



15 grams of cheese



Salad Sandwich



Sugar: 2g  
Sodium <5mg



Sugar: 0.1g  
Sodium: 26mg

# Good Choice

Sugar: <15

Sugar level with fruit: <25g

Sodium: <400mg



Sugar: >1g  
Sodium 340mg



Sugar: 15.4g  
Sodium 4mg



Sugar: 0.4g  
Sodium 259mg



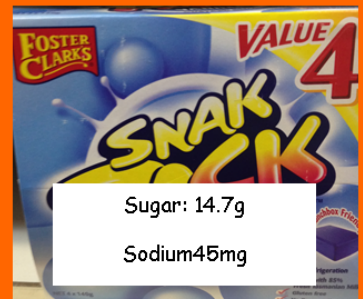
Sugar: 15.7g  
Sodium 220mg



Sugar: 0.5g  
Sodium 330mg



Sugar: 5.5g  
Sodium 82mg



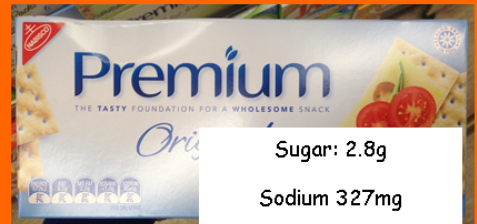
Sugar: 14.7g  
Sodium 45mg



Sugar: 12.9g  
Sodium 83mg



Sugar: 12.1g  
Sodium 42mg



Sugar: 2.8g  
Sodium 327mg



Sugar: 12.8g  
Sodium: 66mg



Sugar: 0.9g  
Sodium 320mg



Sugar: 9.2g  
Sodium >5g