

FOOD AND NUTRITION POLICY



Quality Area 2: Children's health and safety

Standard 2.1 Each child's health is promoted.

Standard 2.2 Healthy eating and physical activity are embedded in the program for children.

Standard 2.3 Each child is protected.

Quality Area 3: Physical Environment

FOOD AND DIETARY POLICY AND PRACTICES

As all food other than cooking activities and special occasions, is provided by the parents on a daily basis and it is the family's responsibility to ensure dietary requirements are met.

Woodlupine Family Centre 3 year old kindy welcomes and encourages parents to be on roster at the kindy and to cut the fruit supplied by families for morning tea. Correct hygiene and food preparation practises is on display and explained to parents.

We are "allergy aware" and "nut aware" and ask that all foods containing nuts or traces of nuts are not to be sent to the kindy, along with any "fun foods" (e.g. chips, biscuits, lollies etc). The Kindy focuses on healthy eating habits which include fruits and vegetables and drinking water only.

Children are encouraged to bring healthy lunches (Healthy Eating Advisory Service. www.heas.healthytogether.vic.gov.au) and do not share their food with other children.

Lunches are to contain non perishable food items or to be brought in an insulated lunch bag with an ice pack which will be stored in a cool box in the store room until needed. No refrigeration facilities are available.

- Snack and meal times will be treated as social occasions, provided in a relaxed and unhurried way. Educators will sit with the children and interact to encourage healthy eating habits and an appreciation of a variety of foods. Children will be assisted where required but will be encouraged to be independent and to help themselves wherever appropriate.

Staff will eat their lunch with the children to role model appropriate behaviour and the consumption of healthy, nutritious foods

- Promote drinking water for usual drinking requirements, provide safe drinking water to children and staff at all times, and ensure children have adequate fluid intake during their care. Water will be available to the children at all times.

- Parents or person's responsible for the child are to advise staff of any dietary needs or allergies which will be written on the child's badge and enrolment form. A notice will be displayed on the door of the Kindy room for all to see and will ensure that all staff are advised of these needs.

When participating in cooking activities as part of the program at kindy children will have clean dry hands and all utensils and surfaces to be kept clean and hair tied back.