



# Tamworth Montessori Preschool Nutrition and Food Safety Policy

Our Preschool recognises the importance of safe food handling and healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. We acknowledge that the early childhood setting has an important role in supporting families in healthy eating. Our Preschool therefore recognises the importance of supporting families to provide healthy food and drink to their children.

We are committed to implementing the healthy eating key messages outlined in the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. We support and promote the New South Wales Health initiative *Munch & Move* and utilise the Australian Government's *Get Up & Grow-Healthy Eating and Physical Activity for Early Childhood* and *Eat for Health* resources.

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures

## RELATED POLICIES

Breastfeeding Policy Bottle Safety and Preparation Policy	Multicultural Policy Health and Safety Policy
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## PURPOSE

Early childhood education and care (ECEC) Services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that our Preschool partners with families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and wellbeing.

Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with chronic adult conditions such as obesity, type 2 diabetes and cardiovascular disease.

Our Preschool recognises the importance of healthy eating for the growth, development, and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children, as we commit to implementing and embedding the healthy eating key messages outlined in the NSW Health's *Munch & Move* program into our curriculum and to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources.

Our Preschool is also committed to ensuring consistently high standards of food preparation and food storage and transportation are adhered to.

### **SCOPE**

This policy applies to children, families, staff, visitors, and management of the Preschool.

### **IMPLEMENTATION**

Our Preschool has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by the Preschool or families will endeavour to be consistent with the Australian Dietary Guidelines and provide children with 50% of the recommended dietary intake for all nutrients. Food will be served at various times throughout the day to cater for all children's nutritional needs.

Mealtimes reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. This assists in creating a positive and enjoyable eating environment.

Food will be prepared in accordance with the Food Safety Program. All kitchens and food preparation areas will comply with Food Standards Australia and New Zealand (FSANZ). All staff involved in the stages of food handling have the skills and knowledge to ensure food safety is a priority.

### **NUTRITION**

Our Preschool will:

Where food is provided by the Preschool:

- provide children with a wide variety of healthy and nutritious foods for snacks including fruit and vegetables, wholegrain cereal products
- plan healthy snacks on the menu and ensure the snacks are substantial enough to meet the energy and nutrient needs of children
- vary the snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas
- regularly review the menu to ensure it meets best practice guidelines
- develop the menu in consultation with children, educators and families
- consult with health professionals to support the menu development including Dietitians for children with special diets such as vegetarian and vegans, dentists and speech therapists

Where food is brought from home:

- provide information to families on the types of foods and drinks recommended for children and that are suitable for children's lunchboxes
- provide information to families on how to read the *Nutritional Information Panel* on food and drink labels

- encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided
- strongly discourage the provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients in children's lunchboxes. Examples of these foods include sweet biscuits, some muesli bars, breakfast bars and fruit filled bars, and chips.
- food items that should not be brought to the service include confectionary (lollies, sweets, chocolate, jelly), deep fried foods (chicken nuggets, fish fingers) and sugary drinks( cordial, energy drinks).

#### **MANAGEMENT/TEACHING DIRECTOR/PRESCHOOL MANAGER/EDUCATORS WILL:**

- ensure water is readily available for children to drink throughout the day in both the indoor and outdoor environment
- be aware of children with food allergies, food intolerances, and special diets and consult with families to develop individual management plans
- ensure young children do not have access to foods that may cause choking
- ensure all children remain seated while eating and drinking
- ensure all children are always supervised children whilst eating and drinking
- encourage and provide opportunities for staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition
- follow the guidelines for serving different types of food and the serving sizes in the guidelines
- use the Australian Government "eat for health" calculator- [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- display nutritional information for families and keep them regularly updated
- ensure the weekly menu is displayed in an accessible and prominent area for parents to view
- ensure the weekly menu is accurate and describes the food and beverages provided each day of the week
- ensure food is presented attractively
- ensure age and developmentally appropriate utensils and furniture are provided for each child
- not allow food to be used as a form of punishment or to be used as a reward or bribe
- not allow the children to be force fed or being required to eat food they do not like or more than they want to eat
- encourage toddlers to be independent and develop social skills at meal times
- establish healthy eating habits in the children by incorporating nutritional information into our program
- talk to families about their child's food intake and voice any concerns about their child's eating
- encourage parents to the best of our ability to continue our healthy eating message in their homes

#### **FOOD HYGIENE**

Food poisoning is caused by bacteria, viruses, or other toxins being present in food and can cause extremely unpleasant symptoms such as diarrhoea, vomiting, stomach cramps, and fevers. Children under five years of age are considered a high-risk group as their immune systems are still developing and they produce less of the stomach acid required to kill harmful bacteria than older children or adults (Foodsafety.gov. 2019).

Our Preschool will strictly adhere to food hygiene standards to prevent the risk of food poisoning.

#### **BUYING AND TRANSPORTING FOOD**

Our Preschool will:

- always check labels for the 'use by' and 'best before' dates, understanding that 'use by' dates apply to perishable foods that could potentially cause food poisoning if out of date, whilst 'best before' dates refer to food items with long shelf life but quality could be compromised
- avoid buying food items in damaged, swollen, leaking or dented packaging
- always check eggs within cartons: Never buy dirty or cracked eggs.
- never buy any food item if unsure about its quality
- ensure chilled, frozen, and hot food items are kept out of the 'danger zone' (5 °C to 60 °C) on the trip back to the Preschool by:
  - not getting chilled frozen, or hot food items until the end of the shopping.
  - placing these items in an insulated shopping bag or cooler

- immediately unpacking and storing these items upon the return to the Preschool

## **STORING FOOD**

Our Preschool will:

- ensure the refrigerator and freezer has a thermometer and that the refrigerator is maintained at 5 °C or below and the freezer is maintained at -17 °C or below
- ensure fridge and freezer temperatures are checked daily
- store raw foods below cooked foods in the refrigerator to avoid cross contamination by foods dripping onto other foods
- ensure that all foods stored in the refrigerator are stored in strong food-safe containers with either a tight-fitting lid, or tightly applied plastic wrap or foil
- ensure that all foods not stored in their original packaging are labelled with:
  - the name of the food
  - the 'use by' date
  - the date the food was opened
  - details of any allergens present in the food
- transfer the contents of opened cans into appropriate containers
- ensure all bottles and jars are refrigerated after opening
- place 'left-over' hot food in an appropriate sealed container in the refrigerator as soon as the steam has stopped rising. Food can be cooled quickly to this point by placing in smaller quantities in shallow containers, reducing the amount of time sitting in the 'danger zone'.
- not reuse disposable containers (e.g. Chinese food containers).
- store dry foods in labelled and sealed, air-tight containers if not in original packaging.
- store dry foods in cupboards or if in a walk-in pantry, on shelving no lower than 30cm from the floor
- not place anything on the floor of a walk-in pantry (as containers of any type create easy access to shelves for mice and rats).
- store bulk dry foods only in food-safe and airtight containers
- use the FIFO (first in, first out) rule for all foods (dry, chilled, and frozen) to ensure rotation of stock so that older stock is used first
- store cleaning supplies separate to food items.

## **PREPARING AND SERVING FOOD**

Our Preschool will:

- ensure that all cooked food is cooked through and reaches 75 °C
- ensure that cooked food is served promptly, or
- use a thermometer to ensure that hot food is maintained at above 60 °C until ready to serve.
- ensure that prepared cold food is stored in the refrigerator maintained at below 5 °C until ready to serve
- discard any cooked food that has been left in the 'danger zone' for two or more hours. Do not reheat.
- reheat cooked food (if required, for example for a child who was sleeping at lunch time) to a temperature of 70 °C (but only ever reheat **once**. Discard if the food is not eaten after being reheated).
- keep cooked and ready-to-eat foods separate from raw foods
- wash fruit and vegetables thoroughly under clean running water before preparation
- ensure unused washed fruit or vegetables are thoroughly dry before returning to storage
- ensure food that has been dropped on the floor is immediately discarded
- thoroughly clean kitchen utensils and equipment between using with different foods and/or between different tasks
- avoid cross-contamination by ensuring that separate knives and utensils are used for different foods
- avoid cross-contamination by ensuring that colour-coded cutting boards are used (note that it doesn't matter which colour you use for which food providing signs are displayed to alert all staff).
- ensure that gloves are changed between handling different foods or changing tasks

- ensure that staff preparing food for children with food allergies or intolerances are proficient at reading ingredient labels
- ensure that food allergies and intolerances are catered for by using separate easily identifiable cutting boards, utensils, and kitchen equipment (e.g. using a colour code, or food-safe permanent marker).
- ensure all educators and staff are aware of children who have severe allergic reactions to certain foods as per ASCIA Action Plans
- ensure that children with food allergies and/or intolerances are served their meals and snacks individually on an easily identifiable plate (e.g. different colour), and that food is securely covered with plastic wrap until received by the child to prevent possible cross-contamination.
- ensure that unwell staff do not handle food.

### **CLEANING:**

Our Preschool will:

- ensure that food preparation areas and surfaces are cleaned both before, after, and during any food preparation
- ensure that all cooking and serving utensils are cleaned and sanitised before use
- ensure that all dishwashing sponges, brushes, and scourers are cleaned after each use and allowed to air dry or placed in the dishwasher
- ensure the food storage area is clean, ventilated, dry, pest free, and not in direct sunlight
- ensure refrigerators and freezers are cleaned regularly and door seals checked and replaced if not in good repair
- prevent pest infestations by cleaning spills as quickly as possible and ensuring rubbish and food scraps are disposed of frequently
- ensure that floor mops are thoroughly cleaned and air dried after each use
- replace any cleaning equipment that shows signs of wear or permanent soiling.

### **PERSONAL HYGIENE FOR FOOD HANDLERS**

Our Preschool will ensure:

- clean clothing is worn by food handlers (such as an apron or appropriate jacket)
- long hair is tied back or covered with a net (hairspray may be used for fringes to secure hair).
- hand and wrist jewellery is not worn while preparing food (e.g. rings and bracelets)
- nails are kept short and clean and no nail polish is worn (as it can chip into food and hide dirt under the nails)
- strict hand-washing hygiene is adhered to, including washing hands each time they return to the kitchen before continuing with food preparation duties
- wounds or cuts are covered with a brightly coloured, waterproof dressing (that will easily be seen if it falls off), and gloves will be worn over any dressings
- staff who are not well will not prepare or handle food.

### **ALL STAFF HANDLING FOOD WILL:**

- ensure children and staff wash and dry their hands (using soap, running water, and single use disposable towels or individual hand towels) before handling food or eating meals and snacks
- ensure gloves (and food tongs) are used by all staff handling 'ready to eat' foods.
- ensure food is stored and served at safe temperatures (below 5°C or above 60°C), with consideration to the safe eating temperature requirements of children
- ensure separate cutting boards are used for raw meat and chicken, fruit and vegetables, and utensils and hands are washed before touching other foods
- discourage children from handling other children's food and utensils

### **CREATING A POSITIVE LEARNING ENVIRONMENT**

Our Preschool will:

- ensure that educators sit with the children at meal and snack times to role-model healthy food and drink choices and actively engage children in conversations about the food and drink provided
- choose water as a preferred drink
- endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds

- create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children
- encourage preschoolers to assist to set and clear the table and serve their own food and drink, providing opportunities for them to develop independence and self-esteem
- respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- be patient with messy or slow eaters
- encourage children to try different foods but do not force them to eat
- not use food as a reward or withhold food from children for disciplinary purposes
- role-model and discuss safe food handling with children

### **PRESCHOOL PROGRAM**

Our Preschool will:

- foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating
- encourage children to participate in a variety of 'hands-on' food preparation experiences
- provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices
- embed the importance of healthy eating and physical activity in everyday activities and experiences.

### **COOKING WITH CHILDREN**

Cooking can help develop children's knowledge and skills regarding healthy eating habits. Cooking is a great, fun activity and provides opportunities for children to be exposed to new foods, sharing of recipes and cooking skills. On these occasions participating educators will be vigilant to ensure that the experience remains safe, and relevant food hygiene practices are adhered to.

### **COMMUNICATING WITH FAMILIES**

Our Preschool will:

- provide a copy of the *Nutrition and Food Safety Policy* to all families upon orientation at the Preschool
- provide opportunities for families to contribute to the review and development of the policy
- request that details of any food allergies or intolerances or specific dietary requirements be provided to the Preschool and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met
- communicate regularly with families about food and nutrition related experiences within the Preschool and provide up to date information to assist families to provide healthy food choices at home
- communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.
- discuss discretionary choices- (food and beverages which are not necessary as part of a balanced diet) with families and if necessary, remove items from children's lunch boxes. Alternative healthy food will be offered to children.

### **SOURCE**

- Australian Breast-Feeding Association Guidelines: <https://www.breastfeeding.asn.au/>
- Australian Children's Education & Care Quality Authority. (2014).
- Australian Government Department of Education, Skills and Employment. *Belonging, Being and Becoming: The Early Years Learning Framework for Australia*. (2009).
- Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines* <https://www.eatforhealth.gov.au/guidelines>
- *Food Act 2003*
- *Food Regulation 2015*
- Foodsafety.gov. (2019): <https://www.foodsafety.gov>

- Food Safety Standards (Australia only). (2015): <http://www.foodstandards.gov.au/industry/safetystandards/Pages/default.aspx>
- *Food Standards Australia and New Zealand Act 1991*
- Food Standards Australia New Zealand. (2016). Safe Food Australia – A guide to the food safety standard (3<sup>rd</sup> Ed.): <http://www.foodstandards.gov.au/publications/Pages/safefoodaustralia3rd16.aspx>
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- Guide to the National Quality Standard. (2020).
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- National Health and Medical Research Council. Eat for health: <https://www.eatforhealth.gov.au/>
- NSW Food Authority: <http://www.foodauthority.nsw.gov.au/>
- NSW Government. Healthy Kids. (2019). Munch and Move: <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>
- Revised National Quality Standard. (2018).
- The Australian Dental Association: <https://www.ada.org.au/Home>
- The Department of Health. Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book: <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-staffcarers>
- Victoria State Government Education and Training Nutrition Australia *Healthy eating in the National Quality Standard A guide for early childhood education and care services*
- *Work Health and Safety Act 2011*
- Work Health and Safety Regulations 2011.

## REVIEW

POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE
May 2020	<ul style="list-style-type: none"> <li>• minor additions- discretionary foods</li> <li>• addition of health professional's information to ensure best practice</li> <li>• sources checked for currency</li> </ul>	May 2021
May 2019	<ul style="list-style-type: none"> <li>• Food hygiene section added, comprising of: <ul style="list-style-type: none"> <li>- Buying and transporting food</li> <li>- Storing food</li> <li>- Preparing and serving food</li> <li>- Cleaning</li> <li>- Personal hygiene for food handlers</li> </ul> </li> <li>• Heading added to existing information – 'All staff handling food will:'</li> <li>• New section added: Cooking with Children.</li> <li>• Additional information inserted into existing points</li> <li>• New source added</li> </ul>	May 2020
May 2018	Minor grammatical changes	May 2019

February 2018	<ul style="list-style-type: none"><li>• Updated references to comply with the revised National Quality Standard</li><li>• Terminology update</li></ul>	May 2018
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# Healthy Food Guidelines

## Fruits and Vegetables

### Best Left In

All fresh fruit  
(Whole or cut up)  
Fruit in natural juice  
(from tin or tub)

Whole vegetables  
(eg. corn on the cob)  
Salad vegetables  
  
Canned vegetables (eg. corn)  
Vegie sticks

### Leave Out

Fruit Juice and fruit drink  
Potato chips and crisps  
  
Fruit straps  
Fruit bars

## Breads and Cereals

### Best left in

All Breads: wholemeal,  
wholegrain, Lebanese,  
Turkish, pita, rolls etc.  
\* High fibre breakfast  
cereals  
Plain popcorn  
  
Pasta  
  
Noodles  
Pikelets / pancakes

Raisin / fruit bread  
Pasta or rice salad  
Cous cous, quinoa, rice  
Rice cakes or corn cakes  
  
\* Rice Crackers  
  
Crumpets  
  
\* Crispbread / crackers  
Fruit muffins / scones

### Leave Out

\* Low fibre, high sugar or salt  
breakfast cereals  
  
2 minute noodles  
\* Muesli or cereal bars  
  
Sweet biscuits – plain, cream filled, chocolate and  
chocolate chip  
Coloured, buttered or salted  
popcorn  
Tiny Teddys  
  
Pastries eg. croissants,  
donuts, Danish  
  
Cakes

## Milk, Yoghurt, Cheese

### Best left in

Cheese  
Plain Milk

Vanilla or fruit yoghurt  
Custard

### Leave out

Flavoured Milk  
Flavoured custard  
Dairy desserts or puddings

Note: reduced fat dairy products are recommended for children over 2 years of age.

## Lean Meat, Fish, Chicken or Alternative

### Best left in

Roast beef, lamb  
Chicken, pork, veal  
Cubes of tofu  
Hard boiled egg  
  
Fish, tuna, salmon, sardines  
4 bean mix, baked beans  
Kidney beans  
Lean meatballs, rissoles

### Leave out

Frankfurts  
Cabanossi  
Chicken roll  
Bacon  
  
\* Crumbed chicken products  
Sausage rolls or pies  
Salami  
Devon

## Drinks

### Best left in

Water  
Plain milk

Fruit juice  
Soft drinks  
Cordial  
Flavoured mineral waters

### Leave out

Fruit drink  
Flavoured milk  
Energy Drinks  
Sports drinks

\* Use these guidelines to choose healthier packaged foods.

Nutrition Information		
Servings per package: 3		
Serving size: 150g		
	Quantity per Serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, Total	7.5g	4.9g
- saturated	4.6g	3.0g
Carbohydrate	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg

Always compare products using the 100g column

Less than 10g **fat** per 100g

Less than 3g **saturated fat** per 100g

Less than 15g **sugar** per 100g

Less than 400mg **sodium** per 100g