

Nutrition, Food and Beverages, Dietary Requirements Policy

Policy Statement

As part of our commitment to the health, safety and wellbeing of children at Callington Kindergarten we prioritise safe practises 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.

Rationale:

Under the National Quality Standard – Standard 2.1 Health, Element 2.1.3 Healthy Lifestyle, preschools are required to make sure healthy eating and physical activity are promoted and appropriate for each child.

Under Regulation 168 (2) (a) (i) of the Education and Care Services National Regulations, all preschools must have local policies and procedures for nutrition, food and drink and dietary requirements.

The national regulations require preschools to comply with:

Regulation 77 - adequate health and hygiene practices, and safe practices for handling, preparing and storing food are implemented.

Regulation 78 - children have access to safe drinking water at all times, and are offered food and drinks regularly throughout the day

Regulation 79 - food or drinks provided are nutritious and adequate in quantity, and each child's dietary requirements are considered – taking into account their growth and development needs and any specific cultural, religious or health requirements

Regulation 80 - a weekly menu is displayed for families that describes the food and drinks provided each day (As the site makes and provides bread on a weekly basis and provides toast at each session, this regulation is contextual to Callington Kindergarten)

Regulations 79 and 80 do not apply to food and beverages provided by a parent for their child.

Regulation 160 and 162 – Child enrolment records must include any special considerations for the child such as:

- cultural or religious dietary requirements
- healthcare needs, including any health-related dietary restrictions, medical conditions or allergies.

Policy Principles:

At Callington Kindergarten 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 to enable this.

We will work together with parents, families and health professionals to ensure children's specific health care needs and dietary restrictions are managed to minimise potential risks to children through:

- Health support planning for children and students in education and care settings, and Oral eating and drinking procedures are in place prior to a child attending the service.
- The risk of the child's specific health care need, allergy or relevant medical condition are assessed and minimised.
- Practises and procedures for the safe handling, preparation, consumption and service of food are developed and implemented.
- Practises 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 all educators and staff can identify the child, the child's management plan and the location of the child's medication are developed and implemented.
- Practises and procedures ensuring that the child does not attend the service without medication prescribed by the medical practitioner for that child's specific health care need, allergy or relevant medical condition are developed and implemented.

Allergy Aware Kindergarten:

Callington Kindergarten is an allergy aware Kindergarten.

Children who are at risk of Anaphylaxis from peanuts, tree nuts, and dairy products attend our site. To ensure the safety of all our children

- Posters are displayed informing families that a child with anaphylaxis attends our service.
- We request that families do not send foods that contain nuts to Kindergarten or Occasional Care (including nut-based spreads) * Please note - This does not include food that state 'may contain traces of nuts'
- Child do not share food they have brought from home.

Supporting documentation for the policy can be found on the USB in the folder or links available on Edi - Nutrition and dietary requirements in preschool (edi.sa.edu.au)

Policy Approval

Governing Council

Review Date: June 2026