

Milkwood Steiner School Nutrition Policy

NQS 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

NQS 4.1.1 Educator-to-child ratios and qualification requirements are maintained at all times.

Nutrition and Dietary Requirements

Introduction

Milkwood Steiner Preschool provides information and guidance to families on healthy food choices. This will contribute to the prevention of health problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Milkwood Steiner Preschool provides children with healthy morning and afternoon tea options as well as baking activities. Most main meals are provided by families.

Aims

The Milkwood Steiner Preschool will:

- Ensure staff are aware of the importance of healthy eating and role model healthy eating and activity each day.
- Promote healthy nutrition and good food habits in children from a young age;
- Make available information about healthy nutrition to families.
- Support families in educating their children about healthy food choices.

Provision of food and drinks at the service

The Approved Provider and Nominated Supervisor will ensure that:

- All children have access to safe drinking water at all times;
- All children are offered food and drinks regularly.
- Food and beverages provided by the preschool are nutritious and adequate in quantity, and take each child's individual development needs, and any specific cultural, religious or health requirements, including allergies and intolerances into consideration;
- Educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children being

educated and cared for by the service.

- Milkwood Preschool displays a menu of the food and beverages provided each day.
- ***Milkwood Preschool request parents do not bring nut, products containing nuts or sesame to the centre.***
- All dietary requirements relating to medical conditions are adhered to.

Staff and educators will ensure that:

- Children are encouraged to make healthy food choices;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try new foods,
- Children are positively involved in mealtimes;
- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.
- Will provide feedback to parents if their child is not eating well.

Supporting families

- The service will provide families with daily food and drinks where supplied food is not eaten or there is cause for concern.
- A decision to exclude foods or other items that can cause anaphylaxis will be made in consultation with the affected child's do
- Children with severe anaphylactic reactions to foods may be required to provide all their own food and snacks. This will be done in consultation with the relevant families.

Education and information

- Educators will engage children in learning experiences in line with the EYLF that are fun and enjoyable and incorporate key messages around healthy eating;

Review

Management and staff will monitor and review the effectiveness of the nutrition/food/beverages policy regularly. Updated information will be incorporated as needed.