**Hendon Preschool**

**Nutrition Procedure**

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**NQS**

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| QA2 | 2.1.2 | Health practices and procedures - Effective illness and injury management and hygiene practices are promoted and implemented |
| 2.1.3 | Healthy eating and physical activity are promoted and appropriate for each child |
| 2.2.1 | Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard |

**Legislative Requirements**

Under [Regulation 168](https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653#sec.168) (2) (a) (i) of the [Education and Care Services National Regulations](https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653), all preschools must have local policies and procedures for providing a child safe environment.

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| 77 | Adequate health and hygiene practices, and safe practices for handling, preparing and storing food are implemented |
| 78 | Children have access to safe drinking water at all times, and are offered food and drinks regularly throughout the day |
| 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 |

**Aim**Hendon Preschool educators aim to promote nutrition and safe eating practices compatible with The Education and Care Services National Regulations. We believe that early childhood is an important time for establishing lifelong eating habits and eating nutritiously contributes to good health and wellbeing.

Therefore:

* Educators will model, promote and encourage nutritious choices – as nutritious foods promote fuller tummies, clearer minds and sustained energy.
* Food and drink will be consumed in a safe and supportive environment.
* Caregiver’s food choices are respected and they are encouraged to supply nutritious food for their children whilst at preschool.

**Curriculum**

* Children at our preschool are involved in a daily shared fruit experience and a picnic style lunch. This provides positive and social opportunities.
* The preschool’s outdoor learning environment is a space to learn, explore, grow, taste, harvest and prepare nutritious foods.
* Children have opportunities to develop practical food skills by preparing and cooking a variety of food.
* Nutrition is integrated throughout our curriculum.

**Community**

* Our site is breastfeeding friendly.
* Family’s cultural, religious and dietary beliefs are valued and supported.
* Information relating to nutrition and food safety will be shared with families via seesaw.

**Safety**

Our Preschool:

* Promotes and teaches food safety to children.
* Provides adequate hand washing facilities and promotes correct hand washing procedures with children.
* Safe practices for food handling, preparing and storing food are considered to minimise risks to children.
* Children’s individual medical requirements are safely supported.
* Children’s dietary and cultural requirements and considerations are respected.

**Our expectations**

• Please only send water in children’s drink bottles.

• No WHOLE nuts and please cut cherry tomatoes and grapes in half to minimise choking risk.

• Please include a freezer brick every day to keep food cold.

**Celebrations**

Hendon Preschool acknowledge celebrations of birthdays and special occasions. Families may choose to celebrate their child’s birthday by supplying a special treat for all the children. We please ask that families do not bring in homemade cakes/treats. Instead, we recommend small individually packaged foods such as freddo frogs, or non-food items such as bubbles or stickers. These will be distributed at the end of the preschool day.

**Monitoring, Evaluation and Review**

This procedure has been developed by the Hendon Preschool educators. It will be reviewed annually or earlier if required by;

All current employees at Hendon Preschool

Date amended – Aug 2024