

2.10 Nutrition, Dental Care and Food Safety

Applies to: All Koorana staff working in Preschools and families attending Koorana Preschools.

Purpose

1. To ensure parents have adequate information to be able to provide their children with food and beverages that are nutritionally sound, varied and adequate in quantity and which are in line with the Dietary Guidelines for children.
2. To promote, encourage and reinforce children's oral health and safety through a supportive environment for all children and families.
3. To provide a learning environment that educates, establishes and supports dental health to develop life skills and practices for the children and families.
4. To ensure that the food in Preschools is handled, served and stored in a safe hygienic manner to prevent food contamination, risk of allergies and to maintain freshness.

Version: 1

Date approved: 20/4/2016

Next review date: 20/4/2018

Approved by: CEO

Policy context: This policy relates to

Standards or other external requirements	National Quality Standards – Quality Area 2 – Standard – Standard 2.1, Elements 2.1.3 & 2.1.4 & Standard 2.2, Element 2.2.1 http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/NQF-Resource-03-Guide-to-NQS.pdf
Legislation or other requirements	Children (Education and Care Services National Law Application) Act 2010 http://www.legislation.nsw.gov.au/#/view/act/2010/104 Education and Care Services National Regulations [Regulation 77; (2)(a)(i) under Regulation 168] http://www.acecqa.gov.au/national-regulations Work Health and Safety Act 2011 and Regulations 2011 (NSW) http://www.legislation.nsw.gov.au/#/view/regulation/2011/674 Food Act 2003 (NSW) http://www.legislation.nsw.gov.au/#/view/act/2003/43
Contractual obligations	N/A

Resource	<p>NSLHD website, including Mini Messenger Newsletter and Health Week resources: http://www.nslhd.health.nsw.gov.au</p> <p>Munch & Move website: https://www.healthykids.nsw.gov.au/</p> <p>Australian Dietary Guidelines (revised 2013): https://www.eatforhealth.gov.au/</p> <p>Get up and Grow: Healthy Eating and Physical Activity Guidelines for Early Childhood: http://www.health.gov.au/internet/main/publishing.nsf/content/2CDB3A000FE57A4ECA257BF0001916EC/\$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf</p> <p>Caring for children, Birth to 5 years (Food, Nutrition and Learning Experiences), NSW Health 2014 http://www.health.nsw.gov.au/heal/Publications/caring-for-children-manual.pdf</p> <p>4 Foods to Eat When You Can't Brush Your Teeth, Food Standards Australia http://www.rd.com/health/healthyeating/4-foods-to-eat-when-you-cant-brush-your-teeth/</p>
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Documents related to this policy	
Related policies	2.6 Hand Washing
Forms, record keeping or other organisational documents	N/A

Definitions
<p><i>"Koorana" means Koorana Child and Family Services Incorporated.</i></p> <p><i>"Parents" includes a legal guardian.</i></p> <p><i>"Staff" is a Koorana staff member working in the Preschool, e.g. Educator, Administrator or Key Worker. In some instances this may also include other Koorana staff such as Case Managers, Early Linker, Therapists, Head Office Administrators, Home and Community Based Key Workers and Koorana Management when visiting or working in the Preschool.</i></p>

POLICY STATEMENT

Eating a variety of nutritious food is important throughout childhood. This is the time when growth and maturation occur and when eating habits are established. Nutritious foods refer to foods that make a substantial contribution in the provision of nutrients. Developing healthy eating patterns early in life set a foundation for a healthy life style later in life. Talking with children about food selection and preparation will contribute to the development of healthy choices.

In regards to dental health there are still substantial numbers of children under 6 years of age who have dental caries.

Children are more susceptible to food related illnesses. It is vital to implement food safety practices that ensure the health and safety of children attending Preschools.

PRACTICES

Nutrition

- Parents are to provide a nutritious and healthy 'sip and crunch', lunch and bottle of water for their children.
- The Preschool will provide adequate information on healthy and appropriate Preschool meals to parents so food brought from home:
 - Meets Dietary Guidelines.
 - Is age appropriate.
 - Is of a variety and quantity that will satisfy the child's appetite and interest.
- Parents are to ensure that they provide adequate and appropriate food to meet their child's needs for the entire Preschool day. The Preschool will have additional healthy food available for the children in case a situation arises where a child's meal is insufficient in quantity or inappropriate. Parents are to be aware that this range of food will be limited.
- Parents may be asked to omit foods from their child's meals. This may occur if another child in the Preschool suffers from an allergy, or if the Preschool feels that a particular food being provided is not nutritionally sound.
- Staff will engage in educational activities and will provide information to children on healthy eating.
- Staff will sit with the children whilst they eat to promote socialisation and to assist in creating a pleasant environment.
- Where appropriate, staff will role model appropriate eating practices, e.g. sitting down, chewing food with mouth closed.
- Food will not be used as a reward or punishment, either in its provision or denial.
- Staff will talk to the children about healthy food choices.
- Staff will provide feedback to parents if their child is not eating the food being provided.
- Children will have opportunities, as part of the Preschool program, to assist in food preparation. These experiences will focus on hygiene, safe cooking practises and healthy food choices.
- Children will have access to safe drinking water at all times.
- Tap water will be provided to children.
- Staff will offer water frequently to children during warm weather.
- Staff will be culturally aware and respect parents food choices for their children where this is safe and appropriate.

Koorana Preschools are Nut Free Zones

Due to the increasing number of children with allergies to nuts, Koorana Preschools promote a nut free environment.

Therefore products containing nuts such as peanut butter, or products thought to contain nuts will not be allowed at Preschool. Staff will remove such products from children's lunch boxes and send them home with the parent. Alternative foods will then be discussed with the parent.

Parents are asked to be mindful with products that "may contain traces of nuts".

Dental Care

- Staff will actively discuss and incorporate information on oral health and nutrition into the Preschool curriculum.
- The Preschool will actively seek and provide information to families on dental health practices as recommended by health and dental health authorities. Where ever possible information will be provided in the families' home language.
- After lunch children will be encouraged to rinse their mouth with water to assist in removing food debris from the mouth and cleansing the teeth.
- Preschools will provide a piece of apple and/or piece of cheese after children's lunch so children can "clean" their teeth after lunch.
- Arrangements will be made for dental health care professionals to visit the Preschool to talk with staff, children and families about dental health and oral care.

Food Safety

- Koorana Preschool has a separate safe food preparation area located in the kitchen. It contains a stove, microwave, sink, refrigerator, suitable disposal facilities and hot water supply.
- Preschools will store children's food brought from home adequately.
 - Storage of high-risk foods: Foods that allow the easy growth of bacteria are those that are moist and contain a lot of nutrients. These foods, called 'high – risk' foods, include milk, meat, fish and eggs, as well as any dishes containing these ingredients. Cooked rice also allows some bacteria to grow. If these foods are left out of the refrigerator for long periods of time, they will spoil and not be eatable. However, they will only cause illness if they contain harmful pathogenic bacteria.
 - Storage of low-risk foods: Foods unlikely to encourage bacterial growth, or 'low-risk' foods, include uncooked pasta and rice, breads and biscuits, packaged snack foods, lollies and chocolates. These foods can be kept safely for long periods of time without refrigeration. Canned food is safe while the can is still sealed, but once opened the food may become high-risk. Lollies, chocolates and many packaged snack foods are 'sometimes foods', and should not be offered in the setting.
 - The food storage area is well maintained – that is, clean, dry, well ventilated, in good repair and pest proof
 - All food is protected during storage, or placed into non-toxic food grade containers with properly fitting lids. Open packaged foods are stored in clean, dry storage containers with tight lids.
 - All food and storage containers are stored off the floor/ground (at least 15cm), to assist pest control and cleaning.
 - Food is stored away from direct sunlight and moisture.
 - Food storage areas are labelled to ensure foods are stored in the correct area.
- Food that requires refrigeration will be stored in the fridge at the Preschool.
- Preschools will not accept lunches that will need to be heated.

- Staff will ensure that packaged foods have not passed their use by date and/or best before date.
- All opened food (e.g. half eaten banana, sandwiches, wraps) will be discarded after meal times.
- Staff will watch out for cross contamination of food for children with allergies
- Staff will ensure that children with allergies are not exposed to their allergen(s).
- Staff will be culturally aware and respect parents food choices for their children where this is safe and appropriate.
- Staff will wear gloves when handling food except for example when undoing wrappers, peeling a banana etc. where the actual food or drink is not touched.
- When engaging in cooking activities with the children, staff are to ensure that:
 - Raw, potentially hazardous foods are cooked to a core temperature of 60°C or hotter, or an alternative time/temperature relationship is used that will not affect microbial safety of the food. (Note: temperature should be measured at the centre or thickest point or core of cooked, potentially hazardous foods – if the core temperature is not achieved food poisoning bacteria will not have been killed).
 - Food is stirred or turned during the cooking process to allow thorough heating.
 - Hot foods are not cooled on a bench for longer than 20-30 minutes.
 - Keep high-risk food refrigerated before cooking, or until they are ready to be eaten. Place any cooked high-risk foods back in the refrigerator if they are not being eaten straight away.
 - Do not reheat cooked food more than once. Discard food that is served and not eaten. Discard any food that was not served but has been out of the refrigerator for more than two hours.

Feeding

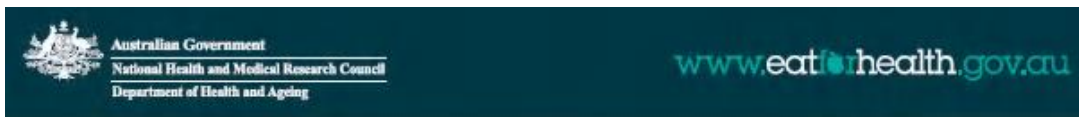
- If feeding a child is required, staff will only feed one child at any given time.
- Staff will wear gloves during feeding and change gloves where required.

Birthdays and special events

Celebrating their birthday at Preschool is special for every child. If you would like to bring in a celebratory cake, please let Preschool staff know before your child's birthday.

Cupcakes are encouraged as they are much easier for the children to eat; however, we are happy to celebrate with whatever you bring in. We also like to celebrate any of your child's cultural festivals (for example St Patrick's Day, Eid, Lunar New Year, Moon festival) so please let us know if there is any special event in your child's life that we can celebrate with you.

Before you bring a cake or other food into the Preschool, please check with staff regarding any allergies.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Use small amounts



Only sometimes and in small amounts

