

Policy: QA2.11	<b>Healthy Eating</b>
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**Policy Statement:**

Pinnacle Preschool recognises the importance of healthy eating and adequate physical activity for growth, development and wellbeing of young children and the important role that early childhood education and care services play in establishing these healthy practices for children and families. Pinnacle Preschool is committed to assisting children and families make healthy choices when providing food and drink to be consumed at preschool and to ensure children have regular opportunities to be physically active.

Pinnacle Preschool is committed to implementing and embedding healthy eating practices endorsed by NSW Health's *Munch and Move* program into the development of policies and procedures and the educational curriculum and to support the *National Healthy Guidelines for Early Childhood Settings* using the *Get up and Grow* resources.

Pinnacle Preschool management are committed to providing access to training for staff to ensure the development and continued implementation of a policy, procedures and educational programming in current healthy eating practices and physical activity requirements to enhance the wellbeing of children and families.

**Record of policy development:**

Version	Date approved	Date for review
Version 1	19 June 2019	June 2021

**Responsibilities and delegations:**

This policy applies to	This policy applies to Pinnacle Preschool staff, volunteers, visitors and families.
Specific responsibilities	This policy is developed by the Manager and reviewed by Pinnacle Preschool staff and Board of Directors. It is communicated and implemented by the Manager and staff.
Policy approval	ODEEP Manager

**Policy context – this policy relates to:**

Regulations	Education and Care Services National Regulations Regulation 168(2)(a) <ul style="list-style-type: none"> <li>• 77 Health, hygiene and safe food practices</li> <li>• 78 Food and Beverages</li> </ul> FOOD Act 2003
Standards	<u>National Quality Framework</u> Quality Area 2: Children's Health and Safety 2.1.2, 2.1.3

	<u>Early Years Learning Framework</u> Outcome 3: Children take increasing responsibility for their own health and physical wellbeing.
Organisation policies	QA2: Health and Safety
Forms, record keeping, other documents	NSW Health – Munch and Move Program: Healthy Kids Get Well Get Active Program Get up and Grow – National Healthy Guidelines for Early Childhood Settings Department of Primary Industries NSW Food Authority Health Eating Advisory Service: <i>Healthy eating in the National Quality Standard</i>

## Procedures:

### Pinnacle preschool management:

- Will provide a designated food storage area that will be available at all times to children and families. Food will be stored in children's own containers in a refrigerator and drink bottles with clean, fresh water will be supplied by the child's family and accessible in the food storage area at all times. If a drink bottle is not supplied for a child, a container of water and cups will be available at all times for children to access fresh water.
- Will ensure the food storage area is constructed from materials that are easy to clean and are kept in good order.
- Will ensure that adequate areas for preparing food and cleaning food related items is available in the kitchen area with a dishwasher. Refrigerators, benches, towels and cleaning cloths will be regularly cleaned and/or replaced as required.
- Will provide a designated hand washing sink with soap and paper towel that is adjacent to food storage area for adults with warm running water.
- Will ensure the food storage area is adequately signposted for children's lunches and drink bottles only.
- Will ensure the food storage area will be regularly inspected for signs of pests or mould and appropriate steps taken to ensure cleanliness is maintained.
- Will ensure educators have access to relevant information to ensure safe food handling practices are followed at all times.
- Will provide information on good hand washing procedures near sinks for both educators and children, as well as encouraging cleaning of hands on entry and exit of the preschool.

### Pinnacle Preschool nominated supervisor and staff:

- Educators will role model safe, healthy eating practices and physical activity with children.
- Educators will role model good hand washing practices for children prior to all break or meal times.
- Educators will incorporate healthy eating practices, physical activity and exercise into the educational program, in line with the principles outlined in NSW Health's Munch and Move Program.



- Educators will monitor children's food and beverage intake and communicate the requirements respectfully with families, taking into account any religious, cultural or health requirements for individual children and their families.
- Educators will engage in ongoing professional development and access to information as required to ensure their knowledge and ability to teach practices on healthy eating and physical activity requirements are up to date.
- Educators will talk with children and families about nutrition and healthy eating in a way that is respectful, non-threatening and non-judgemental.
- Educators will assist families who are not able to provide enough food for their children or families as required, confidentially and with respect. This may include appropriate community referrals (with family permission) or assistance in the provision of food for children during preschool hours.

#### **Pinnacle Preschool families:**

- Upon enrolment, families will be given a guide on what to pack in their child's lunchbox for preschool and be asked to provide a drink bottle each day with clean, fresh water.
- Will have access to information and resources relating to healthy eating in the preschool environment.
- Will be welcomed to speak to the educators at any time in relation to their child's nutrition or the food they are providing.

#### **Pinnacle Preschool children:**

- Will be supported to learn about healthy eating practices through regular discussion, engagement in the Munch and Move Program and group learning experiences at preschool.
- Will be responsible, with the support of educators, to wash their hands with soap and dry with a single use towel before touching food and drink.
- Will be gently encouraged to eat healthy foods and drink only water at preschool.
- Children will be responsible, with support from educators or their families, to pack their lunch into the fridge on arrival at preschool.
- If children do not have enough food, Pinnacle Preschool will provide a healthy food or snack
- Children will be given a range of opportunities daily to engage in physical activities and exercise. Children's interests, strengths and abilities will be considered when planning for physical activities at preschool.

#### **Policy Disclaimer:**

This policy will be reviewed to ensure compliance with legislation and industry changes. This will occur at any time that is required, or a minimum of every two years. In accordance with Regulation 172 of the Education and Care Services National Regulations 2011, parents / guardians of enrolled children will be notified at least 14 days prior to a change in any policy or procedure referred to in Regulation 168 that may have a significant impact on the provision of education, fees or the family's access to the service.