

Croydon Central Kindergarten Inc.

Nutrition Policy

1. Authorisation

This policy was adopted by Croydon Central Kindergarten Inc. Committee of Management, at the Committee meeting on 8th September 2010.

2. Review Date

This policy will be reviewed annually, or varied earlier if necessary, and the Committee will within 28 days of making any change, notify the parents/guardians of the children attending, of that change.

3. Scope

This policy applies to parents/guardians, the Committee, the staff and volunteers involved in the preparation and provision of food that will be consumed by children at Croydon Central Kindergarten Inc.

4. Background and Relevant Legislation

- The Children's Services Regulations 1998.
- The Children's Services Act 1996.
- The Health Act 1958.
- The Food Act 1984.

5. Definitions

Nutrition: Nourishment, food.

6. Policy Statement

Values

This Croydon Central Kindergarten Inc. is committed to:

- Educating children and their parents/guardians about healthy food and healthy eating habits.
- Ensuring the nutritional needs and/or dietary requirements of children is appropriately catered for, while they are attending Croydon Central Kindergarten Inc.
- Providing a flexible approach to serving and consuming food for children attending Croydon Central Kindergarten Inc.
- Complying with all legislative requirements.

Purpose

This policy will provide guidelines for the provision of safe, varied and inviting food that is of nutritional benefit to the children, and caters for the individual needs of the children attending Croydon Central Kindergarten Inc.

7. Procedures

Food and drink to be provided by Croydon Central Kindergarten Inc.

- Croydon Central Kindergarten Inc. will provide water to the children as part of the program
- Children are required to bring a healthy snack /lunch from home for consumption during the program . No nuts or food products that may be processed near nuts is allowed (see Anaphalaxis Policy)
- On an occasional basis, Croydon Central Kindergarten Inc. will provide food that has been produced through food related activities involving the children.
- Food will be provided by parents/guardians for celebrations such as a birthday, in line with Croydon Central Kindergarten Inc.'s guidelines for celebrations.

Croydon Central Kindergarten Inc. in providing food and drink will:

- Comply with the Dietary Guidelines for Children and Adolescents.(see Appendix 1)
- Comply with requirements in Anaphylaxis policy.
- Cater for the developmental stage of the child with regard to size and texture.
- Cater for children who have special dietary requirements (including allergies) for health or medical reasons. This includes making their needs known to everyone responsible for preparing or serving food to them.
- Respect cultural and/or personal food differences.

Food and drink provided will:

- Be offered at times that suit children's developmental needs.
- Be hygienically prepared and stored.

Parent/Guardians will be encouraged to:

- Send nutritional morning and/or afternoon snacks with their children consistent with the parental guidelines.

Children while at Croydon Central Kindergarten Inc. will:

- Have access to water whenever it is needed/requested.
- Be encouraged to broaden their food knowledge and sample varied foods in a relaxed environment.
- Be offered appropriate food and drink from which they may make choices.
- Be encouraged to develop independence in serving and clearing away food and drinks and managing utensils that are used for pouring, drinking and eating.
- Be given opportunities to participate in food related activities, ensuring correct hygiene methods are followed.
- Be offered foods that respect the religious, cultural or other requirements of the parent/guardian's.

Staff will:

- Plan to meet the nutritional requirements of the children during their attendance at Croydon Central Kindergarten Inc.
- Monitor children with food allergies closely, in order to prevent contact with, or consumption of, foods to which they are allergic.
- In consultation with the Committee, implement the procedures outlined in the Anaphylaxis Policy for dealing with situations where children have a severe allergy that could be life threatening if they were to come in contact with a food, for example, peanuts. This could include:
 - Requesting parents/guardians of children at the kindergarten not to send nuts or food processed near a nut facility with their children for a snack/lunch or celebration.

- Review annually, in consultation with the parents/guardians and Committee, Croydon Central Kindergarten Inc.'s guidelines for celebrations including birthdays, Christmas etc. Ensure that the guidelines take into consideration the needs of families and children in relation to nutrition, cultural diversity, religion, age appropriateness and food safety issues such as storage and transport of food.
- Provide guidelines to parent/guardians, regarding appropriate food for their child to bring for morning and/or afternoon snacks. These will be developed in consultation with the Committee.
- List the names of children with special dietary requirements and food allergies in the kitchen and specify the foods to which the allergy applies.

Parent/Guardians will:

- Be given the opportunity to list any specific nutritional requirements (including allergies) on their child's enrolment form and to discuss these with the qualified staff member prior to the child commencing at Croydon Central Kindergarten Inc. and whenever these requirements change.
- Comply with the guidelines regarding food and drinks to be sent to Croydon Central Kindergarten Inc. with the child for snacks.
- Comply with the guidelines for celebrations that include food (e.g. birthdays).

8. Key Responsibilities and Authorities

Responsibilities

The Committee is responsible for the implementation of this policy and approving all future changes.

The staff is responsible for the implementation of this policy on a day-to-day basis.

The parent/guardians are responsible for:

- Providing relevant information to Croydon Central Kindergarten Inc. regarding their child's dietary requirements and allergies.
- Providing food for snacks and celebrations consistent with Croydon Central Kindergarten Inc.'s guidelines.

9. Resources and Support

Training

The training needs of all staff in relation to understanding the cultural or religious needs of the children attending Croydon Central Kindergarten Inc. will be reviewed and training/staff development organised if appropriate.

Resources

National Health and Medical Research Council (NHMRC) Dietary guidelines for children and adolescents (**web address** <http://www.health.gov.au/hfs/nhmrc/publicat/synopses/n1syn.htm>)

Related documents at Croydon Central Kindergarten Inc.

- Hygiene and Food Safety Policy.
- DHS *Children's Services Licensing Operational Guide*

10. Evaluation

In order to assess whether the policy has achieved the values and purposes set out under 6. Policy Statement, the Committee will:

- Use a quality assessment tool, for example the *Preschool Quality Assessment Checklist*.
- Assess whether a satisfactory resolution has been achieved for nutritional issues raised.
- If appropriate, conduct a survey in relation to this policy or incorporate relevant questions within the general parent/guardian survey.
- Take into account feedback from staff on the policy.
- Monitor complaints in relation to food and drink provided at Croydon Central Kindergarten Inc.