



Nutrition and food safety procedures

Promoting Healthy Eating

At preschool we encourage families to provide healthy eating options for their children. This is promoted by:

- Providing families with information on healthy eating in the preschool handbook, preschool enrolment pack and throughout the year
- Displaying information on the Australian Dietary Guidelines and the Australian Guide to Healthy Eating
- Incorporating intentional and spontaneous teaching on healthy food choices and the importance of physical activity
- Food handling and storage guidelines
- Providing a space for children to store their lunches out of direct sunlight. Families are encouraged to provide lunches in insulated bags to help prevent food spoilage
- Ensuring appropriate hand washing procedures are undertaken prior to handling food to be consumed by children on the premises. All adults handling or preparing food must wear gloves
- Communicating to families that educators are unable to heat food up using a microwave. Families are encouraged to use child friendly/accessible thermoses if they wish their child to have a warm lunch. Children need to be able to manage the use of thermoses as educators can support in the opening and closing of such containers but cannot decant the food into a serving bowl.

Access to fresh drinking water

Children must have access to fresh drinking water at all times when at preschool. This is achieved by:

- Encouraging families to provide water bottles each day their child is at preschool
- Refilling supplied water bottles throughout the day as required
- Supplying cups/drink bottles for children who do not have their own water bottles, to be refilled as required
- If water supply is interrupted for any reason, the school is to be notified immediately so water bottles can be delivered to the site.

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