Nutrition, Food and Beverage Policy

Duty of care for all children and the specific needs of children with significant health issues regarding the ingesting of food will be catered for at this Kindergarten. The policy will be implemented to support children who are allergic to certain foods. This ensures the well-being of the child.

In addition this centre promotes healthy eating habits for young children.

<table>
<thead>
<tr>
<th>Allergies and intolerances</th>
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<tr>
<td>Parents must inform staff if their children have ever had an allergic reaction to food or who have a known intolerance to food. The staff must have the details, on file at the kindergarten.</td>
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Due to the high number of children who are allergic to nuts and nut products there are many foods which are not acceptable, these foods will be sent home. Children may become embarrassed if their food is removed for the safety of others or they may be hungry. Please help us to maintain a safe environment for all children, by providing healthy nutritious and nut free choices, for lunches and snacks.

We believe that fresh food provides a more nutritious and balanced diet and also reduces waste from excess packaging. We understand that in a busy lifestyle, it can be difficult to provide fresh food and we appreciate all efforts made.

Remember

**NO**
- Nuts or nut products
- Peanut paste, peanut butter
- Nutella
- Chocolate or chocolate products
- Chips
- Roll ups

**YES**
- Nutritious & healthy snacks
- Fresh fruit
- Dried fruit
- Fresh vegetables
- Savoury sandwiches
- Cheese
- Bread rolls
- Wraps
- Yoghurt (plain or fruit flavoured)

Water is the only drink needed at Kindergarten.

We provide filtered water at all times and children are encouraged to drink regularly throughout the day.
Cooking at Kindy

Cooking is an integral part of our program. Staff will endeavour to cook food with the children that all children are able to eat. If in doubt, staff will speak to parents prior to cooking and other arrangements could be made for children.

Parental Responsibilities:

Ensure staff has up to date emergency contact information.

Ensure staff have medication, correct medication plans and devices required to administer medication, which remain at Kindy.

Ensure staff are fully informed of any health issues for your child.

Ensure all details are up to date, documented and where necessary detailed by a doctor.

**Ensure the safety of all children by providing food and beverage choices for your child which follows these guidelines.**

Care of food

Lunches need to be put in a cooler bag with an ice brick and placed in the named boxes on the gray trolley to be stored in a cool place inside the kindergarten.

Food for the morning and afternoon snack times must remain in the children’s’ bags. In hot weather we suggest an ice brick to keep snacks fresh.

Please come and speak to staff if you have any concerns.

Concluding statement

This policy has been developed by the Governing Council, and will be reviewed and evaluated regularly by both Staff and Governing Council and modified as required to ensure continued relevance for the Centre.

This policy was endorsed by the Governing Council on __/__/_______

Director ___________________________ Chairperson ___________________________

Review date __/__/_______

Respect  Resilience  Diversity  Friendship  Co-operation