



# THE CUBBYHOUSE

PRESCHOOL AND LONG DAY CARE

ABN: 64083942858

41 Polwood Street Kempsey 2440 Phone (02) 6562 8591 Fax (02) 6562 1709

54 Pulteney Street Taree 2430 Phone (02) 6551 2100 Fax (02) 6557 8067

1316 Gloucester Road Wingham 2429 Phone (02) 6553 0111 Fax (02) 6553 0999

## Nutrition Policy

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### Food, beverages and dietary requirements

#### Introduction

The Cubbyhouse Preschool and long Day Care Centres have a role in developing good eating habits in children's early years. Nutrition in childhood influences growth, activity, intellectual and emotional development. Children in long day care may receive 50%-70% of their food intake whilst in care. While the overall nutrition of the child remains a parental responsibility, it is essential that a child care centre provides adequate nutrition proportionate to the time spent in care.

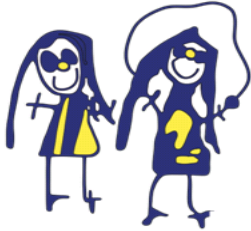
#### Goals – what are we going to do?

The Cubbyhouse will provide opportunities for healthy eating practices to be encouraged. Educators will support families in providing healthy options for their children for morning tea and afternoon tea, as well as through educating the children and families on what are healthy options to bring for the lunch time meal option. Healthy eating practices and education will be embedded into the program and routines.

#### Strategies – How will it be done?

Educators will:

- Ensure that relief educators, students, etc will be informed of eating routines, special dietary needs and any known allergies/anaphylaxis of the children in the Cubbyhouse's care.
- Seek information about the elements of nutrition and provide developmentally appropriate experiences to this.
- Display posters and information on nutrition at the Cubbyhouse and written material will be provided for families to take home.
- Encourage children to eat their main meal option first (eg sandwich, dinner leftovers), followed by fruit items, dairy items and then their other various lunch box choices.
- Discourage children from eating unhealthy food options (such as chips, lollies and chocolate), they will discuss with the children the importance of having these as "sometimes foods". Educators will also guide families with information of the benefits of avoiding processed foods and the environmental impact of wasteful packaging.
- Make water and drink bottles available at all times throughout the day and at meal times.
- Allow and encourage children to access their food throughout the day.
- Develop and provide a menu that is nutritious and adequate in quantity, with respect to any cultural, religious and health requirements of the children. The menu aims to be low fat, low salt, low preservative and provide balanced meals that take into account the dietary requirements appropriate to each child's development and growth.
- The menu will be displayed in the centre and reviewed/ evaluated weekly/ fortnightly or monthly. Any changes made to the planned menu are noted for families to view on the menu board/ sign or in our day books.



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- Light milk is provided for children over two years of age. Full cream is provided for those under two years of age.
- Healthy eating and nutrition are embedded into the program and opportunities for children to create healthy meals will be provided.

Families will be expected to:

- Provide information on allergies or special dietary needs, need to be in writing and brought to the attention of the educators.
- Encourage communication to ensure consistency between home and the centre as much as possible.
- Families can and are encouraged to share recipes or healthy eating hints.
- Determine with staff which foods are suitable for birthdays and other celebrations.
- Participate in any theme lunches to promote interest in food.
- Families will be encouraged to assist with reviews and implementation of the Nutrition Policy

The Eating Environment:

- Will always be clean and comfortable.
- The children are encouraged to help set up and pack away, where appropriate, and wash hands prior to eating.
- All mealtimes should be relaxed and provide opportunities for those children who eat more slowly than others.
- Any cultural or religious beliefs or eating habits are honoured by the educators, in the eating environment and these will be noted and communicated during the orientation process.
- Children need to be encouraged to try new food but force feeding is not an acceptable practice.
- Spills will be handled promptly and efficiently without risk to the children's self esteem. Children will be asked to help clean up the spill (if able), to promote self help skills and respect for their environment.
- Any food or utensil that comes into contact with a potentially contaminated surface will be removed from the eating area and washed or placed in the appropriate bin.
- Independence will be encouraged as skills are acquired.
- Children should not have to wait excessively to begin eating and will be able to access their lunch boxes as they become hungry
- Educators will endeavour to sit and eat with the children which will help to:
  1. Develop social skills.
  2. Model table manners.
  3. Establish eating methods.
  4. A willingness to try a variety of foods.
  5. Develop language skills.
  6. Create a homelike environment.
- Children will not share food, plates, cups or utensils.



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- All uneaten food is returned home via the child's lunchbox to assist the parent to ascertain what the child has eaten during the course of the day.
- Any relevant and important information will be verbalised to the child's parent at the earliest possible convenience

**Please note:** It is our policy to discourage over use of prepacked snack food. Most are very high in salts, oils and simple sugars and, as such, represent poor nutritional value. Pre packaged snacks also do not encourage sustainable practices. Fruit, sandwiches, dried fruit, salad, vegetables, wholemeal and/or homemade biscuits and plain cakes and dairy foods are much preferable for growing children.

## **Statutory Legislation and Considerations**

Education and Care Services National Regulations 2011

Regulations 78-80

National Quality Standards

QA1 - Educational program and practice

QA2 - Children's health and safety

QA5 - Relationships with children

QA6 - Collaborative partnerships with families and communities

Early Years Learning Framework

Outcome 2: Children are connected with and contribute to their world

Outcome 3: Children have a strong sense of wellbeing

## **Links to other policies**

Anaphylaxis Policy

Arrival and Departure Policy

Communication and Interactions with Families Policy

Curriculum Development and Programming Policy

Dental Health Policy

Enrolment and Orientation Policy

Environmental Sustainability Policy

Excursions and Incursion Policy

Governance and Management Policy

Guiding Children's Behaviour Policy

Hygienic Practices Policy

Inclusion and Cultural Diversity Policy

Inclusion of Children with Additional Needs Policy

Interactions with Children Policy

Medical Condition Policy

Participation of Students and Volunteers Policy

Physical Activity and Small Screen Policy

Policies and Policy Review Policy

Record Keeping and Retention Policy

Risk Management Policy

Staff Orientation and Induction Policy

Supervision of Children

Nutrition Policy – Data, cubbyhouse originals, cubbyhouse manuals, policies



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## Workplace Health and Safety Policy

### **Links to procedures – (Data, Cubbyhouse Originals, Cubbyhouse Manuals, Procedures)**

Enrolment and Orientation Procedures

Food Safety Plan

Illness, First Aid and Hygiene Procedures

Kitchen Procedures

Maintaining records

Ordering Resources and Taking Deliveries Procedures

Safe Bottle Heating and Feeding Procedure

Safety Checks and Supervision Procedure

Staff Development Procedure

Staff Orientation Procedure

Student Volunteer Orientation Procedure

### **Links to forms/ resources**

Data, Cubbyhouse Originals, Forms

- ❖ Children's Forms

- Medical Condition Risk Minimisation and Communication form

Data, Cubbyhouse Originals, Resources

- ❖ Nutrition Kitchen and Menus

- ❖ Good for Kids Good for Life Nutrition

Munch and Move - <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx> (Accessed October 2015)

Munch and Move resource pack

**Developed** 1999

**Reviewed and Modified** November 2013, Dec 2014, May 2015, October 2015