McARTHUR PARK KINDERGARTEN

NUTRITION POLICY

POLICY STATEMENT:

At McArthur Park Kindergarten, we believe that early childhood is an important time for establishing lifelong healthy eating habits. We aim to promote nutritional eating habits, to support children growing up with a sound knowledge of good nutrition and diet. We aim to promote this in a safe, hygienic and supportive environment with partnerships that assist in the sharing of nutritional family and multicultural values for all children attending this centre. The centre will communicate with families about their child’s nutrition. Parents / Carers are responsible for providing meals and snacks for their children appropriate to the duration and times of care.

CONSIDERATIONS:

Snack time and lunch time are part of the every day learning program at McArthur Park Kindergarten. To support this we ask families to send nutritious snacks to kindergarten with their children for the following reasons:

Philosophy:

- Research informs us that for the long-term health and well being of children, it is vital that they eat healthy food from birth.
- To provide children with important vitamins and minerals.
- Good nutrition is important for children’s physical, intellectual and emotional development.
  - Maximizes growth, development and activity whilst minimizing illness
  - Minimizes the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers, and diabetes
- Advice from speech pathologists and dentists - indicates that children should be eating crunchy foods
- We aim to ensure that snack times will provide positive learning experiences
- All children will be encouraged to develop Healthy Eating Habits
- To encourage a taste for healthy foods and promote healthy eating habits.
- To avoid children pressuring parents and carers to buy and provide other less healthy foods they may see other children having.

Legislation

Child Care Regulations 1998 SA
Public and Environmental Health Act 1987 SA
Complies with DECD regulations
Complies with Area 2 of National Quality Standard-Children’s Health and Safety- A centre providing good quality care will ensure that written nutrition, health and safety policies are available to staff and parents.
Nutrition information is accessible to all families in appropriate languages where possible.

Staff and parents will be informed and involved in the development and review of the policy. It has been developed in consultation with Start Right Eat Right program. The policy is communicated to staff and parents through the enrolment and induction packages. Copies of the Nutrition policy are available in the policy book on the sign in table.
Nutritious food means that snacks will be

- low in added sugar
- low in salt and fat
- not over processed and have nutritional value for the child.

Foods we **recommend** include:

<table>
<thead>
<tr>
<th>Fresh Fruits</th>
<th>Dry Biscuits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Dried Fruit</td>
</tr>
<tr>
<td>Sandwiches with healthy fillings</td>
<td>Fruit Muffins /no sugar</td>
</tr>
<tr>
<td>Salad</td>
<td>Cheese</td>
</tr>
<tr>
<td>Pikelets</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Homemade cakes/ biscuits</td>
<td>Fresh Water</td>
</tr>
</tbody>
</table>

Foods we **do not recommend** include:

<table>
<thead>
<tr>
<th>Too high in fat, sugar and/or salt</th>
<th>chips, crisps, corn chips, chocolate bars, chocolate biscuits, donuts, cream cakes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too high in sugar and can contribute to tooth decay</td>
<td>lollies, sticky fruit bars, roll ups, sticky breakfast bars, muesli bars, sports drinks, soft drinks, cordials, fruit drinks</td>
</tr>
</tbody>
</table>

**Drinks**

Water Only. Please DO NOT send fruit juice or cordial as these can be high in sugar. A named water bottle is all that is required for children to have a drink. Fresh water is always available.

**WE ARE A NUT AWARE KINDERGARTEN - Children on Special Diets for health reasons.**

Some children have severe allergies to foods which can **cause life threatening reactions just from the smell or touch of food products.** The most common is that of a nut allergy however children can also have a severe food allergy to egg, milk, wheat or fish. **No nut products are to be provided.** If your child is on a special diet for some other reason, please inform staff if this has any implications for Snack Time or Lunch time.

**Food Guidelines for Special Occasions**

McArthur Park Kindergarten would like food provided on special occasions to be predominantly healthy food choices. We want children to learn that if we have regular healthy eating habits, the occasional treat is OK.

**1 Food Brought from Home**

**Goal:** To encourage that children have food and drink that is safe, varied, nutritious and culturally diverse.

**Procedure:**

- Families will be asked to provide all meals and nutritionally appropriate snacks for their children that will provide at least 50% recommended dietary intake for key nutrients.
- The centre will encourage meals to be nutritionally balanced, low in sugar and fat with no added salt, consistent with the Australian Dietary Guidelines. See Lunch box checklist for 1-5 year olds and Ideas to increase essential food groups in the lunchbox. In the appendix
- Actively promote daily fruit and vegetable consumption.
- Families will be asked to provide details of any special diet in relation to their children
- If staff are concerned about the adequacy or appropriateness of food provided for a particular child they should make concerns know to the Director. Staff will discuss options to families for insufficient or inappropriate foods supplied.
- If inappropriate foods or insufficient foods continued to be supplied a meeting between parents and staff will be arranged to discuss the nutritional requirements for the preschool.
- Communication with families will be personal and non-threatening and parents will be provided with additional information about food needs for children, if required.
- The centre will have Guidelines for Food provision procedure in place detailing what is to be done when inappropriate foods are brought to the centre. (Refer to Start Right Eat Right program)
- That children’s snacks are prepared / packaged / contained in such a way that enables the child to be independent and manage the opening of their snack with a satisfying degree of success
- Food will be stored hygienically. All perishables will be labelled and stored in the refrigerator until served.
- The Director will have completed Start Right Eat Right training course.
- Drinking water will be available at all times. If juice is provided by families, it will be diluted 1 part juice to 1 part water.
- On special occasions families will be asked to provide healthy foods unless it is stated as a ‘Red Food’ day. (Right Bite Strategy for Preschools and Schools)
- Birthdays are celebrated at our centre with the singing of Happy Birthday and the child receives a birthday sticker.
- Children will not share their snacks with other children unless it is a designated ‘shared fruit’ day monitored by staff.
- Food not eaten by the children will be taken home – this encourages our children in developing a positive attitude to food, in that good food should not be wasted. It also enables parents to gauge how their children are managing.

2 Mealtimes and the eating environment

Goal: To provide a safe, supportive and social environment in which children can enjoy eating

Procedure:
- All members of the preschool community should use effective hand washing techniques in the context of food handling.
- While at kindy children will eat routinely at scheduled break times.
- Children will eat their snacks and lunch in designated areas.
- Children will be supervised and seated whilst eating at all times.
- Meal times will be treated as social occasions. Children will be assisted where required but will be encouraged to be independent and to help themselves wherever appropriate.
- Staff will provide positive encouragement and role modelling.
- Meal times will be set to a regular schedule - morning snack, lunch, afternoon snack. However individual needs will be accommodated and children who are hungry between meals will be able to eat as needed.
- Children will be encouraged to try new food but will never be forced to eat.
- Their food likes and dislikes and the families’ religious and cultural beliefs will always be respected.
- The provisions and denial of food will never be used as a form of punishment.
- Precautions to prevent and treat choking are known by all staff and implemented. (Refer to Preventing Choking on Food Brochure) Foods that can cause choking include whole carrot, whole grapes, apple, celery, nuts, popcorn and corn chips. Precautions can be taken by steaming, grating, slicing thinly or microwaving according to the age or need of the child ( taking into consideration playgroup children).

3 Families and nutrition
Goal: To communicate effectively with parents, carers, and families about their child’s food and nutrition

Procedure:
- Written guidelines for children’s nutrition needs and appropriate foods for their daily needs will be provided to families at enrolment.
- Recipes in the Centre will be available to parents in newsletter or via the notice boards
- Parents will be encouraged to provide recipes and ideas for cooking experiences.
- Information on food and nutrition, age appropriate diet, food handling and storage will be displayed at the site and provided to families in the newsletter during the year.
- The kindergarten will promote a breastfeeding friendly environment.

4 Curriculum
Goal: to provide a curriculum which encourages and assists children to develop their knowledge and skills about food and nutrition

Procedure
- Cooking may be a part of the children’s activity program. Children will be encouraged to have hands on experience in cooking.
- Children will have the opportunities to become familiar with foods from a range of cultures.
- Cooking experiences will be low in sugar and fat with no added salt
- The importance of healthy food and food safety will be discussed with children as part of their daily program.
- Staff support and promote healthy eating and physical activity.
- Preschools can provide some RED category products a maximum of twice per term for special occasions. Refer to Right Bite Food and Drink spectrum.

5 Special Diets
Goal: The special need of children with food allergies, food sensitivities or medical diets will be catered for in consultation with parents and the appropriate medical professionals.

Procedure
- Families will be informed about what dietary support can be provided before enrolment.
- Children with special dietary needs have adequate and appropriate food provided by the children’s family.
- Where a child has special dietary needs for cultural, religious and other reasons, the centre seeks detailed information from families and a Special diet form needs to be filled out.
- Special diets for medical reasons (professionally diagnosed food allergy or intolerance) A Modified Diet Care plan needs to be filled out by a Doctor or dietician.
- The care plan should include information about medical conditions and any recommended emergency procedures as well as information about nutrition intervention required so that the centre can accurately cater for special dietary needs.
- Where children and staff or volunteers have allergies confirmed by a medical practitioner, the service will adhere to the medical recommendations, and ensure it is communicated to those who care for the child, including relief staff and volunteers. Refer to Health Support Planning Document.
SOURCES:
DECS Right Bite easy guide to Healthy Food and Drink Strategy for SA Schools and Preschools (2007)
Eat Well SA Schools and preschools (2004)
DECS Health Support planning in schools and preschools and child care services (2001)
Preventing Choking on food- Centre for Health Promotion (July 2007)
Start Right Eat Right-checklist for lunchboxes 1-5 year olds, and ideas for increasing essential foods in the lunchbox.
Child and Youth Health www.cyh.com
QIAS Principles: 1.1; 1.4; 6.1

We appreciate your cooperation and support in implementing this policy throughout the whole kindergarten.

Policy reviewed: 24/08/2012
Approved by Governing Council:
Policy review date: 30/10/2013
Lunchbox Checklist – 1-5 year olds

Checklist for an 8 hour day

Use this checklist to provide a quick overview of lunchboxes to ensure that they include the minimum serves of foods needed to meet the nutritional requirements of children while in long day care (a full day). Children’s appetites will vary, so more food may be provided. If your child eats breakfast or a late afternoon snack in care or is in care for 9 hours or more, then more food is required.

Tick the boxes for each serve provided in a day.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Serves per day</th>
<th>ticking boxes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and cereals: 2-3 serves per day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serve =</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 slice of bread</td>
<td>☐</td>
<td>☐ to</td>
</tr>
<tr>
<td>• 1/2 bread roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1/2 cup breakfast cereal</td>
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<td></td>
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<tr>
<td>• 1 weetbix</td>
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<td></td>
</tr>
<tr>
<td>• 1/2 cup cooked rice or pasta</td>
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<td></td>
</tr>
<tr>
<td>• 2 crackers or crispbread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables: 1 serve per day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serve =</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1/2 cup cooked vegetables (on own or in dishes)</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td>• 1 potato (e.g.: potato salad, in dishes)</td>
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<td></td>
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<tr>
<td>• 1 cup salad vegetables (e.g.: cherry tomatoes, sliced tomato, snow peas, cucumber sticks, grated carrot, capsicum strips, coleslaw- on own or in sandwiches. Some may need to be lightly steamed for under 2’s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit: 1 serve per day</td>
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<td></td>
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<tr>
<td>1 serve =</td>
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<td></td>
</tr>
<tr>
<td>• 1 piece of fruit (apple, orange, banana)</td>
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<td></td>
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<tr>
<td>• 2 small fruits (e.g.: apricots, plums)</td>
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<td></td>
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<tr>
<td>• 1/2 cup stewed or canned fruit</td>
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<td></td>
</tr>
<tr>
<td>• 1 1/2 TBs dried fruit</td>
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<td></td>
</tr>
<tr>
<td>• 1/2 cup fruit juice (limit amount given)</td>
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<td></td>
</tr>
<tr>
<td>Milk and Milk Products: 3 serves per day</td>
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<td></td>
</tr>
<tr>
<td>1 serve =</td>
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<td></td>
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<tr>
<td>• 1/2 cup milk/ custard/ calcium enriched soy milk</td>
<td>☐ ☐ ☐ ☐</td>
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<tr>
<td>• 1 slice processed cheese/ 20 gm block cheese/ 1/3 cup grated c</td>
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</tr>
<tr>
<td>• 100gm/ 1/2 cup yoghurt</td>
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<td></td>
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<tr>
<td>• 1 TBs milk powder</td>
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<td></td>
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<tr>
<td>Meat and Substitutes: 1 serve per day</td>
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<td></td>
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<tr>
<td>1 serve =</td>
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</tr>
<tr>
<td>• 45 gm cooked weight red meat, chicken or fish</td>
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</tr>
<tr>
<td>• 1/3 cup mince or meat casserole</td>
<td></td>
<td></td>
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<tr>
<td>• 1 slice beef/ham</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 ½ TB peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1/3 cup cooked legumes or baked beans, lentils or chickpeas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete this box if a vegetarian meal is provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C-rich food with the vegetarian meal.</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td>1 serve =</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 fruit or vegetable high in Vitamin C e.g.: citrus, kiwifruit, rockmelon, tomato, capsicum, handful berries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Water: Aim for 4-6 cups per day. Encourage water. Make sure it is freely available.
### Ideas to increase Essential Food Groups in the Lunchbox

#### Milk Products
- Cheese cubes in salad
- Grated or sliced cheese in sandwiches
- Yoghurt
- Custard
- Creamed rice
- Junket or flummeries
- Fruit smoothie (home-made in flasks or store-bought)
- Full cream milk powder in soups
- Milk or cheese sauces with meals
- Milkshakes (home-made in flasks)
- Flavoured milk
- Frozen yoghurt
- Yoghurt based dips
- Milk, yoghurt and/or cheese added to quiches, savoury muffins, etc
- UHT milk containers
- Cheese slices or cheese sticks
- Use yoghurt to bind sandwich fillings, eg: tuna or chopped chicken with grated vegies

#### Meat and Meat Alternatives
- Left over meat balls or rissoles
- In stir-fries, curries and leftovers
- Small tin of baked beans
- Quiche or pie fillings
- Hard boiled eggs
- Small tin of tuna or sardines
- Chicken drumstick
- Mini quiche
- Hommus- as a dip or spread
- Savoury slices made with egg
- Sandwich fillings, eg: sliced roast meats, cooked chopped chicken, tuna, egg, ham, leftover stew or savoury mince and cheese (for toasting)
- Tuna or salmon pasta bake
- Minestrone soup containing legumes
- Lentil burgers
- Tuna or salmon patties
- Peanut butter or other nut pastes
- Ham rolled up into fingers with cheese in the middle

#### Vegetables
- Vegetable sticks with or without dips such as salsa, hommus and/or yogurt based dips-carrot, capsicum, celery, cucumber sticks
- Cherry tomatoes
- Salad in special container
- Vegetable slice
- Vegetable quiche, muffins, pikelets
- Vegetables in soups
- Salad items in sandwiches, eg: grated carrot, cucumber, chopped celery
- Coleslaw salad
- Potato salad
- Celery boats filled with peanut butter, cream cheese, etc
- Snow peas

😊 Turn over for ideas for fruit, breads and cereals and ‘not recommended foods’.
😊 Refer to the ‘Lunchbox Checklist’ for number of serves from each group required for a 1-5 year old for an 8 hour period.
### Fruit

- Variety of fresh fruit when in season
- Fruit salad
- Tinned fruit
- Melon balls
- Stewed fruit
- Fruit in muffins, cakes, scones, pikelets
- Fruit kebabs (icy-pole stick may be safer. Need to strictly supervise.)
- Special containers containing cut up pieces of fruit and berries
- Dried fruit
- Frozen fruit
- Fruit in jelly
- Fruit smoothies
- Fruit and yoghurt

### Bread and Cereals

- Variety of breads e.g. whole meal, Turkish, pita, rolls, mountain
- Muffins- English-style or fruit
- Dry crackers or crisp bread
- Pasta salad
- Fried rice
- Rice salad
- Pasta or noodle dishes
- Leftover stir fries with rice or noodles
- Pin wheel sandwiches
- Damper
- Pizza muffins
- Air dried noodles
- Rice cakes or corn thins
- Cheese, herb or custard scrolls
- Pikelets
- Creamed rice
- Muesli biscuits
- Rock cakes
- Crumpets
- Pancake
- Weetbix with jam, peanut butter
- Fruit bread
- Fruit bun
- Scones
- Bread custard
- Mini Wheats, Fruity Bites (breakfast cereals)
- Banana or carrot cake
- Savoury scrolls

### Not Recommended Foods

#### Too high in fat, sugar and/or salt
- chips, crisps, corn chips, chocolate bars, chocolate biscuits, donuts, cream cakes

#### Too high in sugar and can contribute to tooth decay
- lollies, sticky fruit bars, sticky breakfast bars, muesli bars, sports drinks, soft drinks, cordials, fruit drinks

#### Choking hazards (care should be taken with these, especially for under 3’s)
- nuts, corn chips, popcorn, lollies, seeds, raisins, pieces of whole raw carrot and apple, whole grapes, dry hard biscuits, hot dogs
Special Diet Form

To be completed when a child is on a special diet for reasons of a non–medical nature
E.g. cultural or religious reasons, vegetarian diet or other reasons.

If a special diet is required for a proven medical condition (e.g. coeliac disease, lactose intolerance) the “Modified diet care plan” and /or other documents from the Health Support Planning package should be used. If there is a severe food allergy the “Anaphylaxis (severe allergy) care plan” should be completed in addition to the “Modified diet care plan”.

Child’s name_______________________________________ Date of birth___/___/___
Family name (please print) First name (please print)

1. Reason for the child’s special diet. Please tick the relevant box.
   - Religious/cultural
   - Parental decision
   - Other, please specify……………………………………………..

2. What are the foods and substances that the child must avoid or include?
________________________________________________________________________
________________________________________________________________________

3. Please list, in detail, alternative foods the child can eat so that no food groups are Excluded (e.g. eggs, dairy food, nuts, tofu, and beans instead of meat for vegetarian diets).
________________________________________________________________________
________________________________________________________________________

4. Please provide details of any special feeding routine (e.g. meals at particular times or Intervals for health reasons, providing extra food to meet increased needs).
________________________________________________________________________
________________________________________________________________________

5. How long will the child be on this special diet?
________________________________________________________________________

Date:__/__/__     Parent/Guardian_________________Signature________________________

To help your Care-provider to continue to provide your child with adequate nutrition and protection from potentially harmful substances, this form must be reviewed every 6 months, or whenever more up to date information is available.

Date for diet to be reviewed: ___/__/__

Adapted from the “Special diet form” in the Good Food in Family Day Care Kit, Good Food in FDC project: South Eastern Sydney Health Service, Central Sydney Area Health Service and South Western Sydney Area Health Service.
Modified diet care plan
for education, child/care and community support services*

CONFIDENTIAL
To be completed by the DOCTOR OR DIETITIAN and the PARENT/GUARDIAN and/or ADULT STUDENT/CLIENT.
This form is to be used where a person has special diet or fluid needs for a proven medical condition
(including a proven history of food allergy or intolerance)

Name of child/student/client ____________________________ Date of birth ____________________________
Family name (please print) First name (please print)

MedicAlert Number (if relevant) ____________________________ Review date ____________________________

Description of special dietary or fluid needs.


Foods, fluids and substances that must be avoided.


Safe alternative foods that can be consumed if appropriate (eg lactose free or soy products for lactose intolerance).


Details of any special feeding routine (eg at particular times or intervals for health reasons, or medications to be given with foods).


In the case of food allergy/ intolerance, what are the signs and symptoms?
Please indicate whether the person can report symptoms, the time period over which symptoms might emerge and the severity of the anticipated reaction.


First aid response to signs and symptoms of an allergic reaction/intolerance to a food or other substance.
Please complete the first aid action plan on the back of this form.
If the reaction is severe, an anaphylaxis care plan, including an emergency first aid response, will be required from the treating medical practitioner. http://www.allergy.org.au/content/view/10/3/


* This plan has been developed for the following services/settings:
  □ School/education  □ Outings/camps/holidays/aquatics
  □ Child/care  □ Work
  □ Respite/accommodation  □ Home
  □ Transport  □ Other (please specify)

AUTHORIZATION AND RELEASE

Health professional ____________________________ Professional role ____________________________
Address ____________________________ Telephone ____________________________

Signature ____________________________ Date ____________________________

I have read, understood and agreed with this plan and any attachments indicated above.
I approve the release of this information to supervising staff and emergency medical personnel.

Parent/guardian or adult student/client ____________________________ Signature ____________________________ Date ____________________________
Family name (please print) First name (please print)