



## Nutrition

### Quality Area 2: Children's Health and Safety

#### Relevant Legislation

Children (Education and Care Services National Law Application) ACT 2010

Education and Care Services National Regulations 2011

National Quality Standard for Early Childhood Education and Care: Elements:  
1.1.1, 2.1.1, 2.1.2, 2.1.3

#### Aim / Rationale

Children require a nutritious diet for their development, intellectually, behaviourally, and physically. As children's lunches at Yass Montessori Pre-school are provided by parents/guardians, it is essential that they are encouraged to provide adequate nutrition in proportion to the time their children spend in care. If a child attends the centre for eight hours or more a day, they should be provided with at least 50% of the recommended daily intake of nutrients as set out in the dietary Guidelines for Children and Adolescents in Australia.

#### Policy Goals

- ✧ Role model healthy eating and activity throughout the day to all children and families.
- ✧ Promote the six key Munch and Move messages to promote healthy, active habits in children from a young age.
- ✧ Support families in educating their children about healthy food choices, working towards creating a childcare food and nutrition environment based on the Good for Kids Best Practice Nutrition Guidelines ([www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)) (The guidelines promote healthy eating in line with the two most current; evidence based on Australian government nutrition recommendations).

## Strategies: What will we do?

### Professional development of staff and educators

- ✧ Educators will attend Munch and Move professional development training or receive similar training and information.
- ✧ All educators will have access to the Healthy Eating and Physical Activity Guidelines for Early Childhood Settings.
- ✧ Staff have had training or knowledge of food handling, nutrition, and hygiene, and be offered opportunities to refresh their knowledge of children's dietary needs, safe food handling and hygiene procedures.

### Provision of food and drinks at the Pre-school

#### The Approved Provider will:

- ✧ Ensure that all children have access to safe drinking water at all times.
- ✧ Ensure that all children can access their food and beverages appropriate to the needs of each child on a regular basis throughout the day.
- ✧ Ensure that food and beverages provided are nutritious and adequate in quantity, and take each child's individual dietary requirements, growth, and development needs and any specific cultural, religious or health requirements.
- ✧ Ensure that educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling and storing the food that is brought into the Pre-School.

#### The Nominated Supervisor will ensure that:

- ✧ All children always have access to safe drinking water.
- ✧ All children are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day.
- ✧ Educators and staff implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children.
- ✧ As per the Medical Conditions Policy the Pre-School shall remain a nut aware centre and that all dietary requirements relating to medical conditions are adhered to.

#### Staff and educators will ensure that:

- ✧ Healthy eating is promoted through role modelling and eating with the children.
- ✧ Children are encouraged to make healthy food choices.
- ✧ All mealtimes are positive, relaxed and social.

- ✧ Social skills and independence are encouraged at mealtimes.
- ✧ Children are encouraged to try new foods, and their food likes, and dislikes are respected.
- ✧ Children are positively involved in mealtimes.
- ✧ Staff will adhere to best practices around safe storage of food brought in by the children from home.
- ✧ That correct practices for handling and storage of food within the centre to limit the chance of food becoming contaminated with harmful bacteria which may make it unsafe to eat and cause illness.

### **Supporting families: working in partnership to provide healthy food choices**

- ✧ At Yass Montessori Pre-School staff will assist families to develop good food attitudes and habits. Staff will provide parents/guardians information, promoting healthy eating and nutritional needs of children, through posters, brochures, newsletters, and resources.
- ✧ The Pre-School will provide families with up to date information on dietary requirements of young children to ensure optimal growth and development and provide families with opportunities to discuss ways to maximise the health and well-being of their child.
- ✧ The Pre-School staff provide families with verbal information about their child's intake of food and drinks throughout the day if there is a concern expressed by the parent/guardian.
- ✧ Families are encouraged to provide meals and snacks which:
  - Are based on current standards and recommendations.
  - Have 'a little' or 'ok' amounts of fat, saturated fat, sugar and salt.
  - Are appropriate to the child's age.
  - Are safe, hygienically sound and with reduced risk of choking.
  - Are of a variety and quantity to satisfy the child's appetite and interests.
  - Are transported to the Pre-School in suitable containers within safe temperatures (less than 5c or over 60c).

### **Education and information**

- ✧ Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating; based on the "Munch and Move" program.
- ✧ Educators will engage children through 'Food Preparation', a Montessori curriculum activity whereby children are encouraged to prepare healthy snacks to eat, using fresh produce in season from the edible garden, and other healthy food preparation activities.
- ✧ Implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity.
- ✧ Families will be provided with current information about recommended guidelines around dietary requirements, screen time, physical activity and how to identify healthy products.

## Choosing Healthier Packaged Foods

Use these nutrition guidelines when choosing packaged foods

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	Per Serve 23.2g (4 crackers)	Per 100g
Energy (kj)	364 kj	1579 kj
Protein (g)	2.8 g	12.2 g
Fat—total (g)	2.2 g	9.4 g
Fat—saturated (g)	0.3 g	1.1 g
Carbohydrate—total (g)	14.4 g	62.3 g
Carbohydrate—sugar (g)	0.4 g	1.8 g
Sodium (mg)	105 mg	452 mg
Fibre (g)	3.1 g	12.0 g

Use the “per 100g column” to compare similar products.

Aim for foods with no more than **20g fat per 100g**.  
Products with less than **10g of fat per 100g** are best.

Aim for foods with no more than **5g of saturated fat per 100g**.  
Products with less than **3g per 100g of saturated fat** are best.

Products with less than **15g per 100g** are best.

Aim for foods with no more than **600g of sodium per 100g**.  
Products with less than **400g of sodium per 100g** are good choices.

Not all labels include fibre. Bread, crackers, pasta, rice and cereals may be more likely to have fibre listed.  
Products with **3g or more fibre per serve** are best.

Note: this is a guide only; some healthy foods may fall outside these criteria eg. Cheese, raisin bread and dried fruit.

The criteria are based on per 100g of food or drink. Per 100g is used so that the same weight of different foods or drinks is compared as food companies list different serving sizes for similar foods.

Regardless of the amount of fat, sugar or salt in the suggested serving size on the packet, if a food doesn't meet the criteria per 100g it is still a food high in fat, sugar or salt and **should not** be eaten every day.

To use the Nutrition information panel to work out if a food or drink is healthy take the following steps:

Step 1: Select a food product

Step 2: Find the Nutrition Information Panel on the back or side of the pack

Step 3: Look for the “per 100g” column (it's usually the column on the right)

Step 4: Check the amounts of fats, sugars and sodium to see how they compare with the nutrition criteria outlined above

Step 5: Compare the nutrition information panels of different products to find the healthiest option

Step 6: Compare any other relevant nutrients such as fibre, calcium and kilojoules

## Procedures and Forms

Enrolment  
Confidentiality  
Staff Handbook

## Links to other Policies

Enrolment  
Medical Conditions

## Sources and References

Good for kids good for life website: [www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)  
Munch and Move website: [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

Policy Reviewed	Modifications	Next Review Date
2011	Developed	2015
February 2018	Reviewed	2020 or when procedure, practice or legislation changes