



WILLOW CLOSE NUTRITION AND FOOD SAFETY POLICY

The Willow Close Preschool is committed to providing a positive and safe environment in which children, families and staff can enjoy a wide variety of foods in a social setting. Through the provision of programmed experiences children will have the opportunity to learn appropriate hygiene practices, as well as learning about the importance of good nutrition and food safety.

We believe that through staff role modelling healthy eating practices, engaging positive conversations, good hygiene practices and presenting food in a safe manner children will develop healthy eating habits which will contribute to their growth and development, healthy skin, hair, gums and teeth, good muscle development, regular bowel, alertness and interest in activities: also promoting a healthy lifestyle and a sense of wellbeing. We encourage and support parents and carers in their role to provide healthy nutrition for their babies and children inclusive of the community socio-economic, culture and spiritual perspectives.

Children

- Will be encouraged to eat safe, nutritional food that has been both sent from home and made at the centre.
- Will have programmed food experiences within the curriculum to reinforce positive nutrition habits and hygiene standards.

Parents

- Will be provided with healthy food ideas and will be able to obtain recipes of food children have made at the centre.

Staff

- Will ensure that safe hygiene and handling procedures are followed.
- At least one staff member has attended "Follow workplace hygiene procedures" from a National Training Provider.
- Will provide programmed experiences for children to learn about good nutrition, hygiene and food safety.
- Will communicate with families/carers about children's nutrition achievements, concerns, progress and suspected/real food intolerances.
- Staff will receive this policy as part of their induction.

Governing Councils Role

- To provide support for this policy ensuring work place safety for children and staff, visitors, volunteers, secondary and tertiary students.
- Support the positive learning environment at the preschool.

Review

- The policy will be reviewed yearly and updated when necessary according to changing legislation and/or guidelines (particularly in regard to choking). It will be presented to Governing Councils for ratification.
- The policy will be accessible to staff and families on enrolment - a hard copy provided in the enrolment package. The policy is located in the Policy folder in the reception area and a hard copy available on request.
- All families will be notified when the policy has been updated.