



The Meeting House Inc

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Food Safety / Nutrition

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Aim: To ensure that the food received by the children within the preschool is handled, served and stored in a safe hygienic manner to prevent food contamination, risk of allergies and to maintain freshness.

Background information: Children are more susceptible to food related illnesses. It is vital for the preschool to implement food safety practices that meet the Food Stand Code.

Note: In this policy “staff” refers to staff employed by the Meeting House Kindergarten.

It should be noted that the preschool does not provide food for the children other than on special occasions such as social gatherings like Mother’s day, Father’s day, end of the year Christmas gathering, or when parents come in to cook at the centre.

Birthday Parties

Where a parent wishes to celebrate their child’s birthday at the preschool they are required to consult the staff to ensure that no child with an allergy is given food that will cause them to have an allergic reaction. If a child who is susceptible to allergic reactions is present on the day their own parent may be asked to provide suitable alternative food as a treat. The staff is happy to make internal arrangements and guide parents to ensure their child’s birthday is celebrated in a safe and controlled manner. We are a nut free centre and cakes and treats must not contain nuts.

Food Supplied to Children on a Daily Basis

Food provided at the preschool is supplied by the parents for their own child/ren. The nominated supervisor and staff must ensure that food brought from home is safe, appropriate and in line with the Dietary Guidelines and stored correctly and does not contain any nuts.

- The Meeting House Kindergarten will encourage families to provide healthy and nutritious food in their child’s morning tea and lunch box. Families can have access to information on healthy eating which will assist the family in providing healthy meals that:
 - Meet Dietary Guidelines
 - Are age-appropriate
 - Are of a variety and quantity that will satisfy the child’s appetite and interest
 - Are transported to the service within the safe temperature range (below 5 degrees C or over 60 degrees C)
- Parents are required to provide nutritionally sound morning tea/lunches. High sugar snacks and treats, such as chips and lollies should not be provided.
- Parents may be asked to omit foods from their child’s meals. This may occur if another child in the preschool suffers from an allergy, or if the educator’s feel that a particular food being provided is not nutritionally sound based on the child’s age.

It should be noted that the preschool has a no nut policy because of the increase in nut allergies within the wider community.

- Parents are to provide a drink bottle of water (not juice) daily. Preferably the drink bottle should be clear to enable staff to monitor how much water the child has consumed.
- The preschool will ensure that water is available for the children to access throughout the day. Staff take an esky containing the children's drink bottles to the playground and also refill drink bottles if the children have finished their water.
- The preschool will provide education activities and information to parents and children on healthy eating.
- Staff are encouraged to sit with the children whilst they eat to promote socialisation and to assist in creating a pleasant environment.
- Educators will talk to children about healthy food choices on a regular basis. We have a fruit only morning tea at the end of each term to promote healthy eating.
- Educators will provide feedback to parents if their child is not eating the food being provided.
- Children will have opportunities, as part of the preschool program, to assist in food preparation with age appropriate experiences. These experiences will focus on hygiene, safe cooking practices and healthy food choices.
- The morning tea, lunch boxes and foods that require refrigeration will be stored in the fridge at the preschool.