



# O'Connor Cooperative School

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## Procedure: **Nutrition and Food Safety**

### Related policies and procedures: **Medical Conditions**

#### **Promoting Healthy Eating**

At O'Connor Cooperative Preschool we encourage families to provide healthy eating options for their children. This is promoted by:

- providing families with information on healthy eating throughout the year
- displaying information on the Australian Dietary Guidelines
- incorporating intentional and spontaneous teaching on healthy food choices and the importance of physical activity.

#### **Food handling and storage**

A space must be provided for children to store their lunches out of direct sunlight. Families are encouraged to provide lunches in insulated bags to help prevent food spoilage. Appropriate hand washing must be undertaken prior to handling food to be consumed by children on the premises. All adults handling or preparing food must wash their hands prior to food preparation and wear gloves.

#### **Access to fresh drinking water**

Children must have access to fresh drinking water at all times when at preschool. This is achieved by:

- encouraging families to provide water bottles each day their child is at preschool
- refilling supplied water bottles throughout the day as required
- supplying cups for children who do not have their own water bottles, to be refilled as required
- If water supply is interrupted for any reason, the school is to be notified immediately so water bottles can be delivered to the site.

#### **Allergies and food awareness**

During the enrolment process parents/carers are asked if their children have any allergies including food allergies. These are documented on to the student files and all staff, including relief staff are made aware. Sharing of food is discouraged unless it has been prepared at school. Celebration or food to be shared that is brought in from home must be accompanied by an ingredient list so that staff can decide if students with food allergies can eat the food. If in doubt the teacher will call the parent to check or not serve the food to any child with a food allergy.

A medical treatment plan is completed by the parent/carer in the case of allergies, including nut allergies, which can cause severe reactions such as anaphylaxis. This information is kept in the First Aid cupboard in the children's bathroom, with a preschool EpiPen. New staff are made aware of these plans during the induction process.

Care is taken to provide as close to a nut free environment as possible. This will be done through:

- encouraging families not to pack foods which contain nuts or nut products, particularly peanuts
- signs will be clearly displayed indicating that the preschool is a nut free zone
- regular updates will be placed in the newsletter and term letters reminding families of the nut free policy and explanations as to why this is important for preschool
- If children do bring nuts or nut products to school, teachers will wrap and return the products to the child's bag (or dispose of them) and send a note home reminding the parents/carers of the nut free policy. Children with nut allergies will be moved away from the foods containing nuts and the area will be cleaned

thoroughly. All students will wash their hands to prevent further contamination of the nut product in the preschool.

- An EpiPen and junior EpiPen are kept in the front office next to the preschool room. The First Aid officers are responsible for checking the dates on the EpiPens and ensuring they are replaced when out of date or have been used.