Since the children will be spending long hours at the Centre it becomes the responsibility of the Centre to provide a balanced, nutritional menu for growing, healthy, active bodies.

It is our aim to help develop good eating habits in our pre-school and hopefully some of these good habits will stay with them forever.

When planning and developing a menu for our Centre, the following items must be taken into consideration:

- The children receive a balance from all 5 food groups.
- The children receive a balance of food through the day at regular intervals.
- That special occasions are celebrated, eg. birthdays.
- Children with special dietary requirements will be catered for with the help of parents and Educators.
- As well as the dietary/religious/cultural requirements of the children we will also consider the preparing of the food and all our hygiene requirements.
- Water will be available to the children throughout the day.
- Food will be prepared in a clean environment and Educators will ensure that hands have been washed and gloves are worn, and utensils used when serving.

**When Handling Food**

Occasionally, children will be asked to help prepare food. The kitchen must be tidy at all times and will be disinfected twice a day. All materials that are used in the kitchen each day must be washed and changed daily. No children will be permitted in the kitchen area.

Once meals are prepared they are to be served to the children with minimal delay. The Educators as well as children are required to wash their hands before meal times or before handling any table ware or food. The Educators are also required to wear gloves. Meal time is a time for eating as well as developing good social skills and language. We will encourage the children to help as much as possible with the activities such as setting the tables, helping give out the meals or pouring the drinks. This participation will encourage more independence.

Children will be seated at small tables, in groups, with a Educators member to be a role model as well as assisting with any feeding problems they may have. By providing the right setting at meal time, children will feel more settled when it comes to rest time. Consideration at meal time should be given to ethnic backgrounds, culture and religion of the children in our Centre.
Source: Website: Healthy Kids cooperatively Owned by NSW Department of Education & Training, NSW Health, Department of Sport & Recreation - The State of New South Wales - and the National Heart Foundation of Australia. (www.healthykids.nsw.gov.au)


The Approved Provider and Nominated Supervisor will ensure that this policy is maintained and implemented at all times.