



Wandana Child Parent Centre

Nutrition, Food and Beverages, Dietary Requirements Policy

National Quality Standard Quality Area 2, Standard 2.1, Element 2.1.3

Purpose

This Policy details how we meet our commitment to supporting each child's health and wellbeing by embedding healthy eating and physical activity into our program.

Background

This Policy addresses the requirements set out in the Education and Care Services National Regulations relating to nutrition, food and beverages, and dietary requirements. The regulations mandate that education and care services have policies and procedures in place to guide nutrition and food provision for children. Our food and nutrition policy has been established following thorough consultation with staff, parents, students, and the Governing Council.

At Wandana, our food and nutrition curriculum is designed to:

- Align with the Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating.
- Provide curriculum activities that help children develop knowledge, attitudes, and skills to make positive, healthy food choices, and learn about the wide variety of foods vital for good health.
- Incorporate opportunities for developing practical food skills including growing, preparing, and cooking healthy foods.
- Integrate nutrition education across learning areas wherever possible.
- Support children's physical wellbeing in accordance with the Early Years Learning Framework (Outcome 3) and the National Quality Standard.
- Ensure inclusivity for children with food intolerances, allergies, and cultural requirements.



Wandana Child Parent Centre promotes safe and healthy eating habits as a core part of our commitment to children’s health, safety, and wellbeing. We value the importance of role-modelling food safety and hygiene practices, and support healthy food and beverage choices tailored to the individual needs of each child. We recognise that early childhood is a significant period in establishing lifelong healthy eating habits, which benefit children by:

- Maximising growth, development, activity levels, and current health.
- Reducing the risk of diet-related diseases in later life.
- Enhancing overall wellbeing, which is crucial for positive engagement in learning.
- To achieve these outcomes:
- Staff model and encourage healthy eating behaviours.
- Food and drinks are consumed in a safe and supportive environment for every child.
- Parents and caregivers are encouraged to supply foods consistent with the Right Bite strategy.

This policy reflects current national recommendations, including the Australian Dietary Guidelines, Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood, ACECQA Policy Guidelines, and the National Regulations. It also supports the Department for Education’s Strategy for Public Education, with particular focus on wellbeing.

This policy will be available and readily accessible on request to families and educators in our policies folder located in the preschool office and on our website.

The Learning environment

Children at Wandana Child Parent Centre:

- have access to fresh, purified tap water at all times and are regularly encouraged to drink water throughout the day. Each morning, children are supported to place their water bottles in drink baskets, which are kept indoors under air conditioning during hot weather. Drinks such as juice, flavoured milk, cordial and soft drinks are not encouraged at preschool as they do not provide much nutrition and can fill children up, leading to a decreased appetite for healthier foods.
- follow a routine for scheduled snack breaks but are also supported to make independent choices to eat or drink when they feel hungry or thirsty, recognising their own needs.
- eat in a positive, supervised, and socially appropriate environment, with staff modelling healthy eating behaviours.
- are supported in managing their own food and drinks; please note that staff are not able to heat food brought from home.



- receive regular messages about the importance of having breakfast and eating regular meals.
- participate in family events that include foods which are culturally sensitive and inclusive.
- healthy eating is promoted as part of our playgroup routine, where positive behaviours are modelled and shared with families, supporting new parents in establishing healthy habits from the start.
- Wandana is a breastfeeding safe site. Breastfeeding mothers are welcome and supported within our environment.

Birthday Celebrations

We acknowledge that birthdays are a special time for children and a celebration that children enjoy sharing with friends. We celebrate birthdays with stickers and certificates and provide children with a playdough cake to celebrate their birthday rather than bringing food or treats from home to share.

Provision of Food

Food Supply

Wandana CPC follows a healthy food policy where:

- parents and caregivers are encouraged to supply healthy food and drink choices for children that align with the Australian Dietary Guidelines.
- Families are encouraged to supply healthy foods that align with choices they make at their home, whether cultural, religious, or aligned with their own dietary preferences.
- children who are still hungry after finishing food supplied from home, or who attend without healthy food, are offered a healthy option from our available supply of fruit, vegetables, or sandwiches.

In line with Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood, Our Preschool encourages caregivers to send healthy choices for your child to eat at meal times. As children have small stomachs, their energy and nutritional requirements are best met with small meals and snacks spread throughout the day.

To support family understanding, we will provide a healthy lunch box ideas note to new families in their welcome pack highlighting a wide variety of healthy options for their children's lunch boxes. We will ensure that the healthy food choices we promote are culturally sensitive and inclusive.

Food safety



Before handling food, educators and children will wash their hands thoroughly with soap and water. Educators will ensure that visuals are placed at each hand basin outlining the process for effective hand washing.

When cooking, educators will use separate utensils, chopping boards and other equipment for raw and for ready to-eat foods to avoid cross contamination. If this is not possible, thoroughly wash and sanitise equipment between uses.

Anaphylaxis and allergies

There are times when children attending our centre have severe, life-threatening allergies to certain foods or substances. It is a requirement that all food provided for your child does not contain nuts, as nut allergies can have serious and even fatal consequences. We almost always have at least one child enrolled with a nut allergy, so no nuts or nut products are to be brought to the site.

At times, children may also have an anaphylactic allergy to eggs or egg products. Parents and caregivers are asked to provide lunchbox foods that do not contain nuts, eggs, or egg products. Products labelled as containing “traces of nuts” are generally permitted unless there is a child with a specific allergy to traces, in which case families will be notified if more stringent restrictions are required.

Staff will inform the centre community whenever a child with a severe allergy is attending, and will communicate which foods or substances trigger these reactions. Restriction of certain foods will be expanded as required, based on the allergies of enrolled children.

Health Support Agreements

Our centre liaises with families to ensure a suitable food supply for children with health support plans, oral eating and drinking plans and other developmental reasons that are related to food and nutrition. Upon enrolment, families are asked if there are any food allergies, intolerances or dietary preferences we need to be aware of. This information is communicated with all staff.



Procedure creation and revision record

Version:	1
Approved by site leader:	Robyn McLachlan
Created by:	Daniela Gambaro
Date of approval:	March 2022
Date of next review:	September 2025
Amendments(s):	Nil

Version:	2
Approved by site leader:	Robyn McLachlan
Created by:	Daniela Gambaro (Preschool Coordinator)
Date of approval:	22.10.2025
Date of next review:	September 2028
Amendments(s):	Removal of wording around naked food and issuing of reminder notes being sent home. Removal of not allowing unhealthy food items to discouraged in bringing in unhealthy items.

This policy will be reviewed by the Preschool teaching educators alongside of Governing Council every 3 years.

Supporting information

[Australian Dietary Guidelines | NHMRC](#)

[Get Up & Grow – Healthy eating and physical activity for early childhood – Resource collection | Australian Government Department of Health, Disability and Ageing](#)

[Nutrition, Food and Beverages, Dietary Requirements Policy Guidelines](#)

[The guidelines | Eat For Health](#)