



# ECH003 – NUTRITION, FOOD, BEVERAGES AND DIETARY REQUIREMENTS POLICY

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## POLICY CONTEXT

Willunga Waldorf School is a co-educational and gender-inclusive school. The school's mission is to provide Steiner education from early childhood to year 12, based on the work of Rudolf Steiner. This education is driven by a deep understanding and respect for the developing and unfolding human being.

## PURPOSE AND SCOPE

The purpose of this document is to outline Willunga Waldorf School's policy and principles of practice in relation to nutrition, food, beverages, and dietary requirements in the Kindergarten. This is in line with legislative requirements under the *Education and Care Services National Regulations*.

It applies to all Kindergarten and Reception staff (including volunteers and contractors), children and families at all times.

## POLICY STATEMENT

Willunga Waldorf School acknowledges that children in their early years of life are developing rapidly and require a nourishing diet for their holistic development and wellbeing. We commit to providing children in our Kindergarten with a nutritious wholesome lunch and encourage parents to value and contribute ingredients to support a healthy lunch, morning and afternoon tea.

As part of our commitment to children's health, safety and wellbeing, and in accordance with Rudolf Steiner's philosophy of being "worthy of imitation", we role-model food safety and hygiene practices, and support healthy food and beverage choices according to each child's needs.

## PRINCIPLES OF PRACTICE

- Healthy eating is promoted, and food and drinks provided by the Kindergarten are nutritious, adequate in quantity and appropriate for each child's dietary and medical requirements.
- Children in the Kindergarten are offered morning tea, lunch and afternoon tea.
- Food prepared within the Kindergarten is seasonal and includes homegrown, with produce prepared freshly each day with special dietary needs provided for.
- Parents are informed of the weekly menu via fortnightly newsletter, Kindergarten, noticeboards and/or parent meetings.
- Filtered water is freely available to the children all day. Herbal tea is often served at lunch time. Children are offered drinks regularly throughout their day.
- We value our families and their cultures, customs and religious traditions. We work with them to ensure that the food and beverages we provide for their children reflect their preferences.



- Children's enrolment records, including information on dietary requirements and medical conditions such as food allergies, are held securely by the School in line with legislative requirements.

We prioritize children's health, safety and wellbeing. This includes safe practices for handling, preparing and storing food, including:

- Fresh fruit and vegetables brought in daily by families are used daily.
- Perishable foods are kept in small quantities only and are refrigerated.
- Grains are stored in sealed containers.
- Children are supported in learning safe practices in food preparation.
- Hand washing before the handling of food is practiced and observed.
- All Kindergarten staff have completed a food safety training course.
- We support children's and families' understanding about the importance of nutrition and food choices.

### Allergies

If a child has a severe food allergy, the teacher may choose not to have any of the known allergen(s) in their rooms for the duration of that child's time in kindergarten. Risk minimisation plans are developed in consultation with families of children with a specific health care need, allergy or relevant medical condition.

### STAFF INDUCTION AND ONGOING TRAINING

- All Kindergarten staff are trained in providing first aid, including anaphylaxis response, and are required to keep their training current.
- All new ECH staff complete an online food safety course.
- Lead teachers are responsible for the food program in each of the Kindergartens including induction of new staff.
- The food program is reviewed annually, and ongoing training is undertaken as required by the latest legislation.

### POLICY ACCESS

Hard copies of policies are available to staff in the kindy office. Electronic copies of policies are available on the SchoolStream parent and staff apps. Hard copies of policies can be made available to parents upon request.

Families will be notified by email at least 14 days beforehand of any changes.

### RELATED POLICIES, PROCEDURES, DOCUMENTS AND LEGISLATION

Related School Policies, Procedures and Guidelines	<ul style="list-style-type: none"> <li>• HS001 – Child Safe Environment Policy</li> <li>• HS015 – Administration of First Aid</li> <li>• HS016 – Managing Medical Conditions</li> <li>• EM001 – Critical Incident Management</li> <li>• GOV005 – Privacy Policy</li> </ul>
Related Legislation and Regulatory Requirements	<p>National Quality Standards (NQS):</p> <ul style="list-style-type: none"> <li>• QA1.1.3 Program learning opportunities. All aspects of the program, including routines, are organized in ways that maximize opportunities for each child's learning.</li> <li>• QA2.1 Health. Each child's health and physical wellbeing is supported and promoted.             <ul style="list-style-type: none"> <li>▪ 2.1.2 Health practices and procedures.</li> <li>▪ 2.1.3 Healthy lifestyle.</li> </ul> </li> <li>• QA3.2.3 Environmentally responsible. The service cares for the environment and supports children to become environmentally responsible.</li> <li>• QA7.1.2 Management systems. Systems are in place to manage risk and enable the effective management and operation of a quality service.</li> </ul>



	<p>Education and Early Childhood Services (Registrations and Standards) Act 2011;</p> <ul style="list-style-type: none"> <li>• Section 51 (1)(a) Conditions on service approval (safety, health and wellbeing of children)</li> </ul> <p>Education and Care Services National Regulations (2011):</p> <ul style="list-style-type: none"> <li>• Regulation 77 Health, hygiene and safe food practice</li> <li>• Regulation 78 Food and beverages</li> <li>• Regulation 79 Service providing food and beverages</li> <li>• Regulation 80 Weekly menu</li> <li>• Regulation 90 Medical conditions policy</li> <li>• Regulation 160 Child enrolment records to be kept by approved provider</li> <li>• Regulation 162 Health information to be kept in enrolment record</li> <li>• Regulation 168 Education and care service must have policies and procedures</li> <li>• Regulation 170 Policies and procedures to be followed</li> <li>• Regulation 171 Policies and procedures to be kept available</li> <li>• Regulation 172 Notification of change to policies or procedures</li> </ul>
Source Documentation	<ul style="list-style-type: none"> <li>• Education and Care Services National Regulations 2011: <a href="https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653">https://legislation.nsw.gov.au/view/html/inforce/current/sl-2011-0653</a></li> <li>• Education and Early Childhood Services (Registrations and Standards) Act 2011; <a href="https://www.legislation.sa.gov.au/_legislation/lz/c/a/education%20and%20early%20childhood%20services%20(registration%20and%20standards)%20act%202011/current/2011.46.auth.pdf">https://www.legislation.sa.gov.au/_legislation/lz/c/a/education%20and%20early%20childhood%20services%20(registration%20and%20standards)%20act%202011/current/2011.46.auth.pdf</a></li> <li>• Early Years Learning Framework <a href="https://www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf">https://www.acecqa.gov.au/sites/default/files/2023-01/EYLF-2022-V2.0.pdf</a></li> <li>• National Quality Standard <a href="https://www.acecqa.gov.au/nqf/national-quality-standard">https://www.acecqa.gov.au/nqf/national-quality-standard</a></li> <li>• Guide to the National Quality Framework <a href="https://www.acecqa.gov.au/national-quality-framework/guide-nqf">https://www.acecqa.gov.au/national-quality-framework/guide-nqf</a></li> </ul>
Cross sector Guidelines (SA)	<ul style="list-style-type: none"> <li>• DHS – National Principles for Child Safe Organisations</li> <li>• Protective Practices for staff in their interactions with children and young people</li> </ul>

### VARIATION AND REVIEW

The School reserves the right to vary, replace or terminate this policy from time to time. Unless altered earlier, this policy will be reviewed every three (3) years.

<b>Responsible Person</b>	Early Childhood Faculty Leader
<b>Policy Approver</b>	Head of School
<b>Version</b>	1.1 (effective 06/08/2024)
<b>Initial Documentation</b>	25/03/2015 (version 1.0)
<b>Last Review Date</b>	May/June 2024
<b>Next Review Date</b>	May 2027
<b>Revision Record</b>	<p>25/08/2021 (Irene Bragg):</p> <ul style="list-style-type: none"> <li>- Added " includes homegrown"</li> </ul> <p>10/06/2022 (Rachel Ashford):</p> <ul style="list-style-type: none"> <li>- Updated National Quality Standards to 2018 version</li> <li>- Added references to National Law and Regulations</li> </ul> <p>May 2024 (Antje Guenther):</p> <ul style="list-style-type: none"> <li>- Reformatted document</li> <li>- Added Policy Context, Purpose and Scope</li> <li>- Expanded Policy Statement</li> <li>- Renamed "Procedures" to "Principles of Practice" and expanded upon existing content</li> </ul> <p>June 2024 (Rachel Ashford):</p> <ul style="list-style-type: none"> <li>- Added Staff Induction &amp; Training and Policy Access sections</li> <li>- Policy Statement – changed "optimal intellectual, behavioural and physical development" to "holistic development and wellbeing"</li> </ul>