

# MILES FRANKLIN PRIMARY SCHOOL

*Achieving Educational Excellence in a Caring Environment*

Alderman St Evatt, ACT 2617 – Ph: 6142 2770 – Web: [www.mfps.act.edu.au](http://www.mfps.act.edu.au)



## **Nutrition and Food Safety Procedures**

**Reviewed by:** Monique Darragh

**Review date:** 25/7/23

**Next review:** 25/7/24

Related policies and procedures: **Medical Conditions**

### ***Promoting healthy eating***

At preschool we encourage families to provide healthy eating options for their children. This is promoted by:

- Providing families with information on healthy eating in the 'daily requirements' document sent home in enrolment packs and throughout the year.
- Displaying information on the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- Incorporating intentional and spontaneous teaching on healthy food choices and the importance of physical activity.

### ***Provision of food and beverages***

- Offering a range of healthy options available for purchase through the school's canteen on lunch order days.
- Canteen options include a range of healthy food and beverages which have regard to children's dietary requirements including specific requirements (vegetarian, gluten free, dairy free). The canteen operated under the National Healthy School Canteen Guidelines.
- Children are provided access to fresh drinking water through a water station.
- Families and carers are encouraged to provide children with fresh drinking water in a water bottle each day.

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

- A space is provided for children to store their lunches out of direct sunlight. Families are encouraged to provide lunches in insulated bags with cool packs to help prevent food spoilage. A fridge is available for food storage if required.
- 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/or wear gloves. A clearly marked separate hand washing sink is used for handwashing.

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

Children always have access to fresh drinking water 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***



**ACT**  
Government  
Education



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.

A notice of allergies is displayed in each classroom and shared via email and Seesaw. Sharing of food is discouraged unless it has been prepared at school. Food brought in from home must contain an ingredient list so that teachers 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 displayed in a position where all staff and volunteers can see it (and is provided with the medication before the child's first day). 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.
- Signs will be clearly displayed indicating that the preschool is a nut free zone. nut aware?
- Regular updates will be placed in the newsletter and email reminders for 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 parents at the end of the day (or dispose of them). 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.
- Children's prescribed EpiPens will be kept in the preschool in the First Aid area. The First Aid officers are responsible for checking the dates on the EpiPen and ensuring it is replaced when it is out of date or has been used.

A risk minimisation plan is in place within the medical conditions policy to ensure that the risk of a child's specific food allergy has been assessed and minimised.

**NQS:** 2.1.2, 2.1.3, 2.2.1, 7.1.3

**Corresponding Regulations:** 77, 78, 79, 168