



Nut and Egg Awareness Policy

Chandlers Hill Kindergarten

Rationale

- To provide a safe learning environment for all members of the Chandlers Hill Kindergarten Community.
- To raise the awareness of our Kindy community regarding severe allergies.
- This Kindergarten acknowledges that due to food processing practices, it is impractical to state that we have eliminated nuts or nut products entirely from an environment where there is food. Therefore, we are a Nut “Aware” preschool.
 1. Short term: maximises safety and good health for all children.
 2. Long term: builds an awareness of allergy and severe allergy “anaphylaxis”.
 3. Ensures an inclusive environment for all children with health needs.

Therefore:

- Educators at the Kindergarten will ensure that all anaphylactic children have a safety & risk management plan and medical plans completed and up to date.
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply food that does not contain nuts e.g. peanut butter, Nutella or containing whole nuts for their children at Kindergarten
- Parents and caregivers are asked not to send quiche, whole boiled eggs or egg cartons (that have been used). Food containing egg is okay.

This food policy has been established in consultation with Educators and Parents within our Kindergarten Community

Curriculum

Our Kindergarten’s food and nutrition curriculum:

- Is culturally sensitive and inclusive
- Includes opportunities for cooking and preparing healthy foods
- Displays nutrition information and promotional materials about health eating
- Is allergy friendly and as such is a nut aware & egg aware Kindergarten. Families are informed of any other severe allergies according to current cohort of children. (please see managing medical conditions policy for further information)
- Includes stories about children with allergies.

Children at our Kindergarten:

- Eat routinely at scheduled break times and are supervised.
- Eat in a positive, social environment with educators who model healthy eating behaviours.

Food Supply

Fruit and Vegetable times:





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- Parents/caregivers are encouraged to supply fruit and vegetables at fruit time to provide children with important minerals and vitamins while encouraging a taste for healthy foods.

Food and Drinks provided to children

- Parents/caregivers are encouraged to provide healthy food that does not include whole eggs or food with high levels of egg e.g. quiche. They are also asked to not send whole nuts or food containing nuts including Nutella & peanut butter.
- Children drink fresh water and bottles will be refilled as required & a sticky note put on the bottle to inform parents that the bottle has been refilled.

Our Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children and educators.

Working with Families, Health Services, and Industry

Our Kindergarten provides information to families about the Right bite Strategy through a variety of ways:

- Through our Seesaw app.
- Policy development/review
- Information on enrolment
- Pamphlet/poster displays

Approved by Educators and the Governing Council October 2022

To be reviewed 2025.

Governing Council Chairperson: Karla Brown

Kindergarten Director: Rachel Douglass

R168(2)(a)(i) Nutrition, food and beverages and dietary requirements

National Quality Standards 2.2.1

