Title: Healthy Eating and Food Handling Policy
Ainslie Preschools
Date: May 2013
Renewal: May 2014

1. Introduction
This policy relates to nutrition being essential to healthy living and enables children to be active participants in play and leisure.

2. Regulations
We will ensure that we act in accordance with correct authorisation as described in National Quality Standard 2.2.1
- Healthy eating is promoted and food and drinks provided by the service are nutritious for each child

3. Processes
Distribution of information
(a) Information given to parents in preschool pack before starting preschool, including appropriate lunchbox menus.
(b) Information available to parents at preschool
(c) Posters displayed

Educators will;
(a) Model and reinforce healthy eating and nutritional practices
(b) Follow Ainslie Preschool food preparation guidelines
(c) Continue conversations to explicitly teach healthy eating
(d) Ensure that all students have ready access to water
(e) Keep a register and display food allergies within preschool unit

If water supply is interrupted educators will;
(a) Contact Ainslie School
(b) Team leader for preschool will purchase 20 litres of water from supermarket and deliver to preschool unit