

Policy Statement

We aim to provide varied and nutritious food consistent with the Dietary Guidelines for Children and Young People in Australia. This is essential for a child's healthy growth and development. We aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks. All food served will be consistent with the child's own dietary requirements, and take into consideration the children's like and dislikes as well as any cultural requirements of families.

We will encourage the development of children's good eating habits through the modelling and reinforcing of healthy eating and nutrition practices by Educators. Parents will be encouraged to share family recipes and traditions to enrich the variety and enjoyment of food by the children and support the children's development of respect for and understanding of diversity

Considerations

- ✓ National regulation 78; Food and Beverages.
- ✓ National regulation 79; Service providing Food and Beverage.
- ✓ National Regulation 80; Weekly Menu
- ✓ National Quality Standard 2.2 Element 2.2.1 "Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child".
- ✓ Australian Dietary Guidelines for children and adolescents.
- ✓ National Food Standards Code (FSANZ)
- ✓ Food Act 2003 (NSW)
- ✓ Food Regulation 2015
- ✓ New South Wales Food Authority, Food Regulation
- ✓ NRG@OOSH (Network of Community Activities)
- ✓ ACI - POLICIES

Procedures

- Educators are required to attend regular professional development on nutrition and food safe practices.
- Foods will be handled and stored according to ACI Food Safety Policy.
- All children's individual needs such as allergies, cultural requirements, and health needs etc. will be addressed in the menus and parents advised if they will be required to supply specific foods for their child.
- Parents and families should be involved in developing children's individual risk minimisation plans, See ACI Medical Conditions Policy, for children with allergies and intolerances, so they are aware of steps being taken to minimise risk.
- Foods and beverages provided are to be varied, nutritious and adequate in quantity to suit the child's growth, development, religion or cultural beliefs and dietary requirements.
- Fresh drinking water will be available at all times for the children and educators. Children will be encouraged to get the water themselves when required, using either the bubblers or water provided.
- A list of the children's allergies and food restrictions will be displayed in an area accessible to all staff.
- During the development of the breakfast menu and any cooking activities, the principles set out in the Australian Dietary Guidelines for Children and Adolescents and the child's individual needs will be considered.
- Breakfast will be provided for children between 6.30am and 8.00am
- Breakfast menu will be displayed each week, in an accessible place for families and children to view, to ensure children and their families are aware of what is being served.
- Families will be advised in the Family Handbook that breakfast is included in the program, and at afternoon tea a fresh fruit and vegetable platter will be provided to complement their healthy snack provided by the child's family.
- Any cooking activities will be displayed on the weekly program.
- Where food and drink is not provided, no menu will be required.
- Programmed cooking activities will encourage children to develop life skills and education on safe hygienic practices and respect of others throughout the activity by role modelling and educators will ensure current policy and procedures are maintained.
- During a programmed cooking activity educators should provide an equal alternative, if the recipe could not be altered to suit all children's needs.
- Children and families are encouraged to share family and multicultural practices on enrolment and through surveys and feedback. This will be acknowledged and addressed in the provision of programmed cooking activities and the daily menu.

- During vacation care, parents will be asked to provide their child's lunch and drinks, unless otherwise stated on the program.
- Families will be encouraged to provide their child with adequate food to sustain their needs throughout the child's stay.
- Information will be available to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- Staff are to encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- Staff should try and discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and chips.
- Staff should be role models for the children and ensure that packed lunches and food from home, consumed in front of the children, is nutritious and does not contain high processed, sugary foods.
- Meal / snack times will be seen as a social event where children and educators can sit and relax, and talk about their day. Educators will demonstrate healthy, hygienic and appropriate eating habits while with the children.
- Educators should encourage discussion about the variety of different cultural foods, food hygiene and healthy food choices during meal time.
- Children and staff shall be seated while eating.
- Education of healthy eating habits will be developed through ongoing example, specific activities, notices, posters, on the services website and information sheets to the families.
- The denial of food will never be used as a punishment.
- Staff are to encourage children to eat their food; however they will not force them to eat.
- Where Parents insist children eat all of their food, staff will encourage child to sit and eat for 15 minutes, and then ask child to put food in their bag and join in the programmed activities.

Checklist for educators

- ✓ Staff will be informed of current policies and procedures on their induction to the workplace.
- ✓ List of allergies and food restrictions will be displayed.
- ✓ Staff must consult the list of allergies, individual risk minimisation plans and food restrictions before development of menus or cooking activities.
- ✓ A selection of fresh fruit and/or vegetables will be made available to children at breakfast and at afternoon tea.
- ✓ Children and staff should be seated while eating.
- ✓ Staff are to model nutritious food choices and healthy eating while at the service.
- ✓ Education and information should be made available on healthy eating, by posters, fliers, role modelling, our website and training.
- ✓ Fresh water must be available to children and educators at all times.
- ✓ The denial of food will never be used as a punishment.
- ✓ Children will be encouraged but not be forced to eat

_____ end of policy _____

Policy is only endorsed if initialled by 2 members of the management committee

Endorsed by the Management Committee on the 01st March 2017

Nutrition Policy is to be reviewed by the 01st March 2020