



## Nutrition, Food, Beverages and Dietary Requirements Policy

### National Quality Standards

**Area 1** - Educational program and practice

**Standard 1.2** - Practice

**Elements:**

*1.2.1: Intentional teaching*

Educators are deliberate, purposeful, and thoughtful in their decisions and actions.

**Area 2** - Children's health and safety

**Standard 2.1** - Health

**Elements:**

*2.1.3: Healthy lifestyle*

Healthy eating and physical activity are promoted and appropriate for each child.

*2.2.2: Incident and emergency management*

Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.

### Children (Education and Care Services) National Regulations (2011 SI 653):

Reg. 77	Health, hygiene and safe food practices
Reg. 78	Food and beverages
Reg. 79	Service providing food and beverages
Reg. 80	Weekly menu

### Related Policies:

- Active and outdoor play policy

### Policy Statement:

Our Service believes that good nutrition is essential for each child's healthy growth and development. For this reason, the service will provide nutritious, good quality food that is consistent with the Dietary Guidelines for Children and Young People in Australia. We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks (*"My Time, Our Place" 1.1*).



## Purpose:

This policy ensures that all staff are aware of their responsibilities when it comes to meal preparation and provision to children. It also ensures that families are confident having their children eat food at our service.

## Scope:

This Policy applies to families, staff, and management.

## Implementation:

At our Service, we talk with families to learn about their children's individual needs regarding food, their likes and dislikes regarding food and any culturally appropriate food requirements (i.e. age, religion, vegetarianism/veganism, allergies, intolerances etc) ("My Time, Our Place" 3.2). High standards of hygiene will be maintained throughout all food preparation. We will encourage the development of the children's good eating habits through the modelling and reinforcing of healthy eating and nutrition practices by Educators.

Families will be encouraged to share 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 ("My Time, Our Place" 1.3). Where possible we will seek out opportunities to learn about growing our own food and collaborate with children to produce our own opportunities to use food we have grown ourselves in our menu planning ("My Time, Our Place" 3.4).

Records are kept and updated regarding special dietary requirements and allergies or intolerances of each individual child. A quick fact sheet with this information is displayed in our kitchen. Children with anaphylactic reactions, or coeliac disease will have their photographs displayed in our kitchen, providing their family gives consent. We will share information with the child's family in relation to whether their child is not eating or drinking well.

We develop our termly menus that follow seasonal food choices in consultation with the Australian Guide to Healthy Eating and the Australian Healthy Canteens Guide. We include all five food groups in our menu, ensuring that our meals are as colourful as possible.

Children will have access to fruit and vegetables or a healthy snack at all times when they are hungry. Milk and milk alternatives such as soy milk are served daily with breakfast. An alternative food will always be offered if children do not want the prepared snack. Children are also allowed to eat their own snacks or finish the food in their lunchboxes, providing this does not pose a risk to other children.



We aim to stock the majority of our menu with fresh foods as opposed to processed foods. The menu we provide is interesting and varied and child focused. Our daily special rotates throughout the term, so each child can experience the special menu item even if they do not attend OSHC every day.

Children at the Service are regularly given the opportunity to experience safe food handling and preparation of meals, and service of food. The children are encouraged to participate in our menu planning process, clean up duties and serving duties. Children will be allowed to self-serve their food when it is safe to do so and will be encouraged to assist with the preparation of meals.

Throughout the term, we also encourage children to explore the role that food plays in our body for growth and development of muscles and bones. Educators will discuss healthy eating and the importance of caring and nourishing our bodies with the children. All of our Educators will act as positive role models that display positive attitudes to eating healthy food.

We will not pressure children to eat food that they do not like or to eat more food than they request. The denial of food will never be used as a punishment. We encourage families, Educators and children to share food on social occasions and we welcome feedback from families on our menu. The food supplied on excursions will also reflect our healthy menu.

Our Educators use appropriate food preparation and hygiene practices when serving and preparing meals. All Educators who handle food are aware of relevant information regarding kitchen processes and all allergies/dietary requirements.

Adventure OSHC will provide the children with multicultural menu items, and Educators will assist all children to appreciate food and its origins.

Adventure OSHC will provide furniture and utensils that are age appropriate and developmentally suitable to encourage children to enjoy mealtimes in a positive way.

Fresh drinking water is constantly available to children and they are reminded to drink at meals and throughout the session. Educators will support children to learn about dental hygiene practices and healthy eating and lifestyle habits.

## **Mealtime Procedure:**

- Children wash their hands with soap and water before snacks and meals.
- All staff will thoroughly wash their hands with soap and water before participating in mealtimes. Gloves are worn if necessary.
- A termly menu is displayed for families.
- Educators will provide children with a pleasant and attractive space to eat food using the appropriate cutlery, plates, cups, tablecloths, table decorations and self-serving utensils.



- Children will enjoy meals in small groups.
- Children will choose which foods they wish to eat and the amount of food they wish to eat.
- Children are encouraged and assisted to scrape their remaining food into the bin at the end of each mealtime. They are also encouraged to set up and pack away before and after each mealtime.
- Water is offered at the end of mealtimes for dental hygiene purposes.

## Food Safety:

- Team members wash their hands before and after handling food.
- Kitchen team members will wear an apron when working in the kitchen.
- Food will be kept at no more than 60 Degrees Celsius or less than 5 Degrees Celsius.
- Reheated food will reach 70 Degrees Celsius and will only be reheated once.
- Raw and cooked foods will be separated in the fridge. Cooked foods will be stored above raw foods in the fridge.
- Separate colour coded utensils and cutting boards will be used for raw and cooked foods.

## Sources:

- Education and Care Services National Regulations (2011 SI 653)
- National Quality Standards
- Australian Guide to Healthy Eating - <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

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