



Quality Area 2

Children's Health and Safety

Nutrition/Food/Beverages/Dietary Requirements Policy

Reference:

Education and Care Services National Regulations: 77, 78, 79, 80

Links to National Quality Standard: 2.2.1, 2.2.2

This policy is adapted from the CCCNSW sample policies.

Introduction

This policy relates to the provision of healthy food and drink while children are in care at our service. The service is committed to implementing healthy eating key messages and value the importance we play in supporting families to be creative in providing nutritious food and drink choices throughout their child's day and in preparation towards their journey into primary school.

Goals

Our care and education service will:

- Role model healthy eating and activity throughout the day to all children and families;
- Promote the six key Munch and Move messages to promote healthy, active habits in children from a young age;
- Support families in educating their children about healthy food choices;
- Recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds;
- Promote safe food handling practices

Strategies - How will it be done?

Professional development of staff and educators

- Key educators have attended Munch and Move professional development training and regularly share ideas and knowledge in staff meetings;

Provision of food and drinks at the service

The Approved Provider, Nominated Supervisor and Educators will ensure that:

- All children will have access to safe drinking water at all times; if they forget their drink bottle we will provide them with a plastic cup with their name on it.
- Children are supervised while eating and drinking.



- Ensure that food and beverages provided by the Preschool on special occasions are nutritious and take each child's individual dietary requirements, allergies and/or intolerances growth and development needs and any specific cultural, religious or health requirements;
- Promote safe food handling practices such as using separate cutting boards for raw, cooked meats and vegetables, discouraging children from handling other children's food and utensils and following the service's hand washing procedure.
- Ensure all educators including casuals are aware of children with food intolerances or allergies by referring to the health and safety checklists. All food related experiences will ensure all children can be included regardless of their individual allergies and intolerances of specific children in consultation with their family.
- All Educators and staff, including casuals, implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to. In cases where an Educator is uncertain the nut-free policy has been breached, they should contact the family for clarification so as not to compromise the immediate health needs of any child with food intolerances or allergies at the service. Remove the food item/s from the child's lunchbox and provide the child with reassurance until the matter can be resolved.
- Healthy eating and drinking water is promoted through role modeling and eating with the children;
- Children are encouraged to make healthy food choices;
- Encourage children to assist with setting and clearing eating environments to provide opportunities for them to develop independence and respect for the environment;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try foods, and their food likes and dislikes are respected;

Supporting families

- The service will provide families with up to date information on dietary requirements of young children to ensure optimal growth and development, and provide families with opportunities to discuss ways to maximise the health and wellbeing of their child/ren.
- Educators will communicate healthy food guidelines to families when necessary in a respectful manner.
- When considering healthy lunch box options we will encourage foods low in sugar, salt and fats that are nutritious with consideration to family's cultures.
- The service will provide mothers with a suitable environment for breastfeeding or expressing milk.



Education and information

- Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating;
- Educators will ensure families are aware of the ingredients used in all cooking experiences;
- Implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity;
- Families will be provided with current information about recommended guidelines around dietary requirements, screen time and physical activity. This is provided on enrolment and implemented throughout the year.

Links to other policies/documentation:

- Medical Conditions Policy
- Cleaning and Hygiene Policy
- Hand Washing Procedure

Last reviewed: May 2016

Date for review: May 2018