

Food, Nutrition and Beverage Policy

NQS

NQS	2.1.3	Healthy Lifestyle – Healthy eating and physical activity are promoted and appropriate for each child.
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National Regulations

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	79	Service providing food and beverages
	80	Weekly menu
	90	Medical conditions policy
	91	Medical conditions policy to be provided to parents
	162	Health information to be kept in enrolment record
	168	Education and care service must have policies and procedures

My Time, Our Place

LO3	Children become strong in their social and emotional wellbeing.
	Children take increasing responsibility for their own health and physical wellbeing.

Aim

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support and provide for children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices.

Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy

Medical Conditions Policy

Implementation

Educators will ensure they provide adequate and sufficient food and beverages to each child, and that they are nutritious, healthy and meet each child's individual dietary needs. They will also promote healthy food options.

The Nominated Supervisor, educators, staff, volunteers and students will:

- Ensure children have access to water and offer them water regularly during the day.
- Ensure children are offered foods and beverages throughout the day that meet their nutritional and developmental needs and any specific dietary requirements. These requirements may be based on written advice from families (eg in the enrolment form) or as part of a child's medical management plan.
- Provide a variety of foods that take into account each child's culture and religion
- Ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, are provided with food. Educators will not force children to eat food they do not like or more than they want.
- Ensure food is consistent with the Government's -

- Australian Dietary Guidelines 2013

<http://www.nhmrc.gov.au/guidelines/publications/n55>

A Summary of the Guidelines is available at

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_book_0.pdf

and/or

- Infant Feeding Guidelines 2012

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n56_infant_feeding_guidelines.pdf

A summary of the Infant Feeding Guidelines is available at
<http://www.nhmrc.gov.au/guidelines/publications/n56>

- follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government “eat for health” calculator
<http://www.eatforhealth.gov.au/eat-health-calculators>.
- Encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines
- Provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- Provide food and beverages that minimise the risk of children choking.
- Provide and display a weekly menu of food and beverages based on the Australian Dietary Guidelines that accurately describes the food and beverages provided every day.
- Ensure meal times are relaxed, pleasant and timed to meet most children’s needs.
- Integrate learning about food and nutrition into the Curriculum.
- Never use food as a punishment, reward or as a bribe.
- Model and reinforce healthy eating habits and food options with children during eating times.

The Nominated Supervisor will ensure staff receive training in nutrition, food safety and other cultures’ food customs if professional development in these areas is required.

Educators and mothers who Breastfeed at the Service

We support mothers who wish to breastfeed at the service by providing a quiet, relaxing place with a comfortable chair for mothers to breastfeed or express milk.

All reasonable efforts will also be made to support educators who continue breastfeeding their child when they (return to) work at the service. For example, an educator returning from maternity leave may have a meeting with the Nominated Supervisor to discuss:

- more flexible work arrangements
- the provision of lactation breaks for the educator to express milk. Educator to child ratios will not be compromised during these breaks.
- Expressed breast milk that is not used immediately will be refrigerated at 4°C.

If arrangements have been made for the educator's child to come to the service to breastfeed and needs its nappy changed, the educator will ensure the nappy changing procedures outlined in *Staying Healthy: preventing infectious diseases in early childhood education and care services* are followed including the use of gloves, paper towels, placing nappy (sealed in plastic bag), gloves etc in bin, disinfecting nappy change area and washing hands.

Sources

Education and Care Services National Regulations 2011
My Time, Our Place Framework for School Age Care
National Quality Standard
Safe Food Australia, 2nd Edition. January 2001
Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
Infant Feeding Guidelines 2012
Australian Dietary Guidelines 2013
Eat for health: Dept Health and Ageing and NHMRC
Food Standards Code
Food Safety Standards www.foodstandards.gov.au
Food Safety Standards for Australia 2001
Food Standards Australia and New Zealand Act 1991
Food Standards Australia New Zealand Regulations 1994
Food Act 1984
Department of Health Vic: Food Safety
Occupational Health and Safety Act 2004
Occupational Health and Safety Regulations 2007
Australian Breast Feeding Association Guidelines
Start Right Eat Right Dept Health SA
Staying Healthy: preventing infectious diseases in early childhood education and care services

Review

The policy will be reviewed annually by the Out of School Hours Care subcommittee of School Council.

<u>Ratification Date</u> July 2020	<u>Review Date</u> Year 2021	<u>Version Number</u> 3	<u>Date Produced</u> October 2015
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