

FOOD, NUTRITION AND BEVERAGE POLICY

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

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.

Implementation

The service has a responsibility to help children attending the service to develop good food habits and attitudes. By working with families and all educators, we will also positively influence each child's health and good nutrition at home. As stated in the *National Regulations (Regulation 79 [4])*, we recognise that these requirements do not apply to food or a beverage provided by a parent or family member for consumption by their child at the service.

In order to achieve these habits and attitudes, the Director, who is responsible for overseeing all educators, will:

Parents are requested to provide their child's morning tea, lunch and afternoon tea (if applicable) each day. It is parents' responsibility to provide their children with healthy food choices.

- **Water** will be the primary drink and will be available to children at all times. Staff will remind children to drink water on regular occasions during the day not only at meal time. Staff will ensure children have access to, and are encourage to access, safe drinking water at all times.
- Parent/Guardians should provide their children with a named water bottle each day, to be stored in the children's individual boxes or in room containers to be accessible wherever the majority of children are.
- Parents are asked to bring or place all food in brown paper lunch bags, zip lock bags or small plastic containers and mark clearly with the child's name. *Please label Morning tea, Lunch and Afternoon Tea* and place in marked trays in the appropriate fridge for each room. Fridge space is limited, so please don't store refrigerated food in large boxes or insulated bags. All items placed in the fridge must be put into paper bags and named.
- Families are encouraged to share their own mealtime practices and to share recipes from their own cultural background.

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

- ensure children have access to water and offer them water regularly during the day.
- Ensure hand washing is done prior to all meals. Staff will promote through instruction and transition to meal times. Children and staff will wash their hands before handling food or eating meals and snacks.
- Staff will discuss the importance of healthy food choices with children at mealtimes and discuss food that is being eaten.
- 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.
- 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.
- Age and developmentally appropriate utensils and furniture will be provided for each child
- 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

- ✓ encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating.
- ✓ Staff will promote the development of healthy eating habits in children by encouraging families to provide nutritious foods and limiting the use of sweet foods and beverages to be for special occasions only.
- ✓ Discourage children from handling other children's food and utensils.
- ✓ provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- ✓ provide families with daily information about their child's food and beverage intake and related experiences.
- ✓ ensure meal times are relaxed, pleasant and timed to meet most children's needs. Meal times are group experiences.
- ✓ integrate learning about food and nutrition into the Curriculum.
- ✓ never use food as a punishment, reward or as a bribe.
- ✓ encourage toddlers and young children to develop their sense of agency by feeding themselves independently and developing their social skills at meal times.
- ✓ model and reinforce healthy eating habits and food options with children during eating times.
- ✓ Ensure foods and beverages have a reduced risk of choking.

Please do not send any food with nuts as there are children who are potentially anaphylactic to nut products, this includes peanut paste.

Lollies, Roll-ups and Popcorn may cause choking at Child care and cans of drink can cause injury when opened. Please don't send these in lunch boxes. Staff will send these items home.

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.

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 2006
 Food Regulation 2006
 Qld Health: Food Safety Policy and Regulation Unit
 Work Health and Safety Act 2011
 Work Health and Safety Regulations 2011
 Australian Breast Feeding Association Guidelines
 Start Right Eat Right Dept Health SA

Review

The policy will be reviewed annually by: Management, Employees, Families, Interested Parties

Last reviewed: 2017

Date for next review: 2018