



D-3 Food and Nutrition

NQS

QA. 2.1	Health
QA. 2.1.1	Wellbeing and comfort.
QA. 2.1.2	Health practices and procedures.
QA. 2.1.3	Healthy lifestyle.
QA. 4.2.2	Professional standards.
QA. 6.1	Supportive relationships with families.
QA. 6.1.1	Engagement with the service.
QA. 6.1.2	Parent views are respected.
QA. 6.1.3	Families are supported.
QA. 6.2	Collaborative partnerships.
QA. 7.1.2	Management systems.
QA. 7.1.3	Roles and responsibilities.

National Regulations

Reg. 77	Health, hygiene and safe food practices
Reg. 78	Food and beverages
Reg. 79	Service providing food and beverages
Reg. 80	Weekly menu
Reg. 90	Medical conditions policy
Reg. 91	Medical conditions policy to be provided to parents
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care service must have policies and procedures
Reg. 173	Prescribed information to be displayed

My Time, Our Place

LO. 1	Children have a strong sense of identity
	Children develop knowledgeable and confident self-identities
LO. 3	Children have a strong sense of wellbeing
	Children become strong in their social and emotional wellbeing
	Children take increasing responsibility for their own health and physical wellbeing
LO. 5	Children are effective communicators

Policy Statement

We aim to provide nutritious and varied food of good quality in the Centre. Children will be encouraged to develop healthy eating habits through suitable examples and education. Parents will be encouraged to share family and multicultural values and ideas to enrich the variety and



enjoyment of food by the children. We also aim to support and provide for children with food allergies, dietary requirements, and cultural or religious dietary practices.

High standards of hygiene will be practised throughout all food preparation and appropriate storage of food will be maintained at all times.

Related Policies

- Concord OSHC Policy A-3: Philosophy
- Concord OSHC Policy A-4: Enrolment
- Concord OSHC Policy A-19: Nominated Supervisor
- Concord OSHC Policy C-3: Educator Orientation and Induction
- Concord OSHC Policy D-1: Dealing with Medical Conditions
- Concord OSHC Policy D-2: Hygiene
- Concord OSHC Policy D-4: Food Safety and Handling
- Concord OSHC Policy D-15: Allergies
- Concord OSHC Policy D-17: Anaphylaxis
- Concord OSHC Policy D-18: Diabetes
- Concord OSHC Policy D-19: Nut-Free Zone

Procedure

Food and drink will be provided for breakfast and afternoon tea, with small nutritious snacks available as necessary. Fresh and safe drinking water will be available at all times for the children and educators. Fruit will be offered each day with afternoon tea.

All food provided at the Centre will be nutritious, varied and adequate in quantity taking into account children's various dietary requirements for growth and development, and in accordance to the Australian Dietary Guidelines.

The consumption of unhealthy snack food such as lollies, chocolates and other high sugar / high fat foods are not encouraged at the Centre.

A menu, developed in line with the principles in the Dietary Guidelines for Children and Adolescents in Australia, and which accurately describes the food and beverages to be provided by the service each day will be displayed in an accessible area at the Centre for families and children to view. The menu will be altered to ensure it takes into account any changes that have occurred as part of the menu planning / serving process.

Snack times are seen as a social event where children and Educators can relax, talk about their day and experience a variety of foods. Educators will demonstrate good healthy and hygienic eating habits while with the children. Educators will be role models by participating in and showing enjoyment of healthy eating.



To ensure a decreased risk of choking, and to create a relaxed, social meal time, Educators and children will be seated together (or educators standing nearby) while eating or drinking.

The denial of food will never be used as a punishment.

Food will be set aside for any children at out of centre activities for them to consume on arrival at the centre.

Children and parents are encouraged to contribute to the menu ideas:

- Parents will be encouraged to share family and multicultural values, ideas and recipes
- All family, cultural and religious practices will be acknowledged and addressed in the provision of food
- Children will be encouraged to participate in the development of the menu, discussions about nutrition, and preparing and cleaning up after meals, where practicable

Education of healthy eating habits will be developed through ongoing examples, specific activities, notices, posters and information sheets to families. Families will be encouraged to continue healthy eating habits at home.

All children's individual needs such as allergies, anaphylaxis, dietary requirements etc. will be addressed in the menus. Alternate menu items will be available to children with specific allergies / anaphylaxis when appropriate. Educators will keep a list of all children's allergies or food restrictions near the food preparation area to ensure this information is available to educators at all times (see D-15 Allergies Policy). Educators must check this allergy list prior to the preparation and serving of any food at the Centre. The Centre is a Nut-Free Zone.

Cold and/or room temperature drinking water will be made available to suit varying tastes and needs. One educator will ensure that this is available and refilled as required throughout the operation of the Centre. Children will be encouraged to get drinking water themselves when required, using separate drinking containers. Other suitable drinks may be made available at the discretion of the Centre Coordinator. Containers are to be cleaned and stored appropriately.

All food will be prepared and stored in a hygienic manner (see D-4 Food Handling and Hygiene Policy). Food will be stored in original packaging while unopened and once opened, kept in a tightly sealed container away from any chemicals. Any food opened and / or no longer stored in its original containers will be labelled with the type of food, any content that may be allergens for children (including "may contain traces"), the date the food was opened, and the date to be discarded. The date to be discarded will be the earliest of the Best before / Use by date and the date the food must be consumed by (according to packaging i.e. must be consumed within 3 days etc). Food requiring refrigeration will be labelled, sealed and stored in the refrigerator according to the Food Handling and Hygiene Policy.

Children's cooking activities will be encouraged to develop life skills. Where children are involved in food preparation, they will always be adequately supervised to ensure safe and hygienic conditions are maintained.



Opportunities for educators Professional Development will be provided to ensure Educators have the skills required to accurately plan and prepare food. Any changes made due to this professional development will be documented to show continual improvement.

Sources

- Education and Care Services National Regulations 2011
- National Quality Standard
- My Time, Our Place Framework for School Age Care in Australia
- NHMRC Dietary Guidelines for Children and Adolescents in Australia
- NHMRC Australian Guide to Healthy Eating
- Network of Community Activities Factsheet: 'Balanced Healthy Eating in OOSH'
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
- NSW Public Health Act 2010
- Nutrition Australia: Drinks for children
- Nutrition Australia: Food and Fitness for Children
- Australia and New Zealand Food Standards Code
- NSW Food Act 2003
- NSW Food Regulation 2010

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