

## E-5 Nutrition & Food Safety Policy

### POLICY STATEMENT

We aim to encourage children to develop good eating habits through good examples and education. High standards of hygiene will be maintained throughout all food preparation. Our Service recognises the importance of healthy eating to the growth and development of young children and is committed to balancing healthy food and drink of children in their care. Furthermore, our Service recognises the importance of supporting families in providing healthy food and drink to their children.

### PROCEDURE

- Cooking activities are planned to provide a balanced approach during the course of the vacation care period.
- Fresh drinking water will be available at all times for the children and staff.
- Children will be encouraged to get the water themselves when required, using separate drinking containers.
- During vacation care, parents/carers will be asked to provide their child's lunch and drinks, unless otherwise stated on the program. Families will be encouraged to supply healthy snacks and lunch for their child.
- To ensure children are protected from food borne illnesses, families will be encouraged to place a frozen block inside lunchboxes to prevent the growth of bacteria.
- When we attend fast food outlets; healthy options will be offered on the menu. When we attend the movies; refreshments are provided unless parents/carers request no refreshments. Sweet treats are provided to children on occasions with a piece of fruit.
- Food will be stored in tightly sealed containers, away from any chemicals.
- Food for cooking purposes will be stored in the refrigerator. Snack times are seen as a social event where children and staff can relax. Staff will demonstrate good healthy and hygienic eating habits while with the children.
- Children should be seated while eating or drinking.
- Children's cooking activities will be encouraged to develop life skills. At all times safe and hygienic practices will be followed. (*Extracts from Network of Community Activities, OOSH Development Factsheet #24, Balanced and Healthy Eating in OOSH, 2008*).
- A suggested menu for children's lunchboxes will be displayed and provided to parents/carers periodically. Sourced from [www.freshforkids.com.au/lunch\\_box/lunch\\_box\\_pop.html](http://www.freshforkids.com.au/lunch_box/lunch_box_pop.html)

### IMPLEMENTATION

Meal times will reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour. Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.

#### Our Service will Endeavour to

- When food is provided by the centre, we will ensure children have a variety of foods during the course of the vacation care period. This will include fresh fruit options and healthy snacks.
- Ensure water is readily available for children to drink throughout the day, in both the indoor and outdoor environment.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- Ensure all children remain seated while eating and drinking.

- Ensure all children are always supervised while eating and drinking.
- Encourage and provide opportunities for cooking.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Ensure gloves or food tongs are used by all staff handling 'ready to eat' foods
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Children will be discouraged from handling other children's food and utensils.
- Educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Encourage children to participate in a variety of 'hands-on' food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.
- Where children are involved in food preparation, this will always be supervised and hygienic conditions maintained
- Request that details of any food allergies or intolerances or specific dietary requirements be provided by the family.
- Please note: Food Standards do not require that food handlers wear gloves. (*Using gloves, Page 2, OSHC QA, Factsheet #6*).

Where food is brought from home:

- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- Discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.

#### **SOURCE**

- Australian Children's Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- Guide to the National Quality Standard.
- Early Years Learning Framework
- Food Standards Australia New Zealand
- 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 Safety Standards for Australia 2001
- Food Standards Australia and New Zealand Act 1991
- Food Standards Australia New Zealand Regulations 1994
- Food Act 2003
- Food Regulation 2004
- NSW Food Authority

- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2011
- Dental Association Australia
- Australian Breast Feeding Association Guidelines
- Munch and Move
- Revised National Quality Standards

## REVIEW

Policy Reviewed	Modifications	Next Review Date
January 2019		January 2022
<b>October 2017</b>	Updated references to comply with the revised National Quality Standard	January 2019
May 2017	Further research has been conducted, updating the rationale and terminology throughout the policy. Have incorporated embedding healthy eating and physical activity in the daily program	May 2018

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

## Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
<b>77</b>	Health, hygiene and safe food practices
<b>78</b>	Food and beverages
<b>79</b>	Service providing food and beverages
<b>90</b>	Medical conditions policy
<b>91</b>	Medical conditions policy to be provided to parents
<b>162</b>	Health information to be kept in enrolment record
<b>168</b>	Education and care service must have policies and procedures