

# Food, Nutrition and Beverage Policy

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## NQS

QA2	2.1	Each child's health is promoted.
	2.1.1	Each child's health needs are supported.
	2.2.1	Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

## 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 healthy lifestyles, good nutrition and the wellbeing of all of children, educators and families using procedures and policies. We also aim to support and provide adequately for children with food allergies, dietary requirements and restrictions and specific cultural and religious practices. This dietary information will also be provided to families so they can plan healthy home meals for their child.

## Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy  
Immunisation and Disease Prevention Policy  
Incident, Injury, Trauma, Illness Policy  
Medical Conditions Policy  
Physical Activity Promotion Policy  
Relationships with Children Policy

## 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 of family member for consumption by their child at the service.

In order to achieve these habits and attitudes, the Approved Provider and the Nominated Supervisor, who is responsible for overseeing all educators, will –

### In relation to the provision of food and beverages

- Ensure children have access to, and are encourage to access, safe drinking water at all times.
- Ensure children are offered foods and beverages throughout the day that are appropriate to their nutritional and specific dietary requirements based on written advice from families that is typically set-out in a child's Enrolment Form. We will choose foods based on the individual needs of children whether they are based on likes, dislikes, growth and developmental needs, cultural, religious or health requirements. Families will be reminded to update this information regularly or as necessary.
- Children who do not eat during routine meal times or children who are hungry will be provided with foods at periods other than meal times or snack times.
- Ensure food is consistent with the service's menu that is based on the Australian Government's -

***Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood***  
***(<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-child-cookbook>)***

**And/or**

***Dietary Guidelines for Children and Adolescents in Australia***  
***([http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n34.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n34.pdf))***

- Families will be encouraged to provide food using these Guidelines.
- Provide food that is hygienic by following the relevant policies and procedures set out in the Health, Hygiene and Safe Food Policy.

- Ensure foods and beverages have a reduced risk of choking.
- Families will be provided with daily information about their child's food and beverage intake and related experiences.
- Provide a weekly menu of food and beverages that are based on the Australian Dietary Guidelines to ensure the provision of food and beverages is nutritious and adequate in quantity.
- The weekly menu must be displayed in an accessible and prominent area for parents to view. We will also display nutritional information for families and keep them regularly updated.
- The weekly menu must accurately describe the food and beverages provided each day of the week.
- Present food attractively.

#### **In relation to promoting healthy living and good nutrition**

- Develop health and nutrition awareness and act to the best of our abilities on cross-cultural eating patterns and related food values.
- Make meal times relaxed and pleasant and timed to meet the needs of the children. Educators will engage children in a range of interesting experiences, conversations and routines.
- Discuss food and nutrition with the children.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Not requiring the children to eat food they do not like or more than they want to eat.
- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes. This information will be provided upon enrolment and as new information becomes available.
- Encourage educators to present themselves as role models. This means maintaining good personal nutrition and eating with the children at meal times.
- Provide nutrition and food safety training opportunities for all staff including an awareness of other cultures food habits.

- Families will be regularly reminded by educators and the service to update the service in regards to their child's preferences, habits, likes, dislikes, dietary requirements and restrictions.

### **Educators who Breastfeed at the Service**

- The service recognises the importance and benefits of breastfeeding and that many women will return to work before they wish to wean their children. Requests for allowances to be made for educators to continue breastfeeding once they have returned to work at the service will be treated sympathetically and reasonably and all efforts will be made to support the educator in her choice to continue breastfeeding her child.
- On return to work from maternity leave, female educators may seek to change their work arrangements. The returning staff member will have a meeting with the Nominated Supervisor to try and work out an arrangement which suits the educator, the Nominated Supervisor and also the running of the service. The service will provide Lactation Breaks for the educator to express milk or breastfeed her child. The Nominated Supervisor will be reasonably flexible as to when these occur.
- A quiet, private, lockable space with a comfortable chair will be provided for women to breastfeed or express milk. A sign will also be placed on the door when the educator is using the facilities.
- 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 appropriate hygiene procedures are followed including the use of gloves, paper towels, sealing nappy in a plastic bag, placing all rubbish, used gloves etc in rubbish bin, disinfecting nappy change area and washing hands.
- Breast milk that has been expressed will be refrigerated at 4 degree Celsius.

## **Sources**

**Education and Care Services National Regulations 2011**

**My Time, Our Place Framework for School Age Care**

**National Quality Standard**

**Food Standards Australia New Zealand**

**Safe Food Australia, 2nd Edition. January 2001**

**Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood**

**Dietary Guidelines for Children and Adolescents in Australia.**

**Australian Guide for Healthy Eating**

**Food Standards Code**

**Food Safety Standards [www.foodstandards.gov.au](http://www.foodstandards.gov.au)**  
**Food Standards Australia and New Zealand Act 1991**  
**Food Standards Australia New Zealand Regulations 1994**  
**NSW Food Authority**  
**Work Health and Safety Act 2011**  
**Work Health and Safety Regulations 2011**  
**Dental Association Australia**  
**Australian Breast Feeding Association Guidelines**

## **Review**

The policy will be reviewed annually.

The review will be conducted by:

- Management
- Employees
- Families
- Interested Parties

**Last reviewed: <insert date here>**

**Date for next review: <insert date here>**