Partnerships with families  
18th May to 22nd May 2020

Dear Families,

As a part of the continuous improvement required by the National Quality Standard, this week we are:

* looking at our responsibilities to provide healthy food and physical activities to our children, and to promote these healthy lifestyle choices to our families. If you’d like to discuss our practices, or have any questions or ideas about healthy eating and active lifestyles, please let us know
* reviewing our Food, Nutrition and Beverage Policy. A summary follows:

**Food, Nutrition and Beverage Policy**

* Food and drinks provided must be healthy, meet the nutritional and cultural needs of each child and be consistent with the Australian Dietary Guidelines 2013
* Children must have access to safe drinking water at all times
* Children who do not eat at mealtimes or are hungry will be provided with food at other times
* Educators will never use food as a reward or punishment
* Services that provide food will display a weekly menu
* Educators will include learning about healthy food options in the curriculum
* Educators will provide healthy food information to families and encourage them to serve healthy food at home
* Food will be safely stored and prepared following procedures in the Health, Hygiene and Safe Food Policy
* Bottles of breast milk or formula will be stored and heated safely following the procedure in this policy.

There is a copy of the policy near the sign in/out sheet. Please take a moment to read it. We value any feedback you may have.

Nominated Supervisor