

FOOD, NUTRITION AND BEVERAGE POLICY

NQS

QA2	2.1	Each child's health and physical activity is supported and promoted.
	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
	2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
	2.1.3	Healthy eating and physical activity are promoted and appropriate for each child.

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

EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Children are happy, healthy, safe and connected to others.
	Children show an increasing awareness of healthy lifestyles and good nutrition.
	Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
	Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators model and reinforce health, nutrition and personal hygiene practices with children.

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.

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 Approved Provider and the Nominated Supervisor, who is responsible for overseeing all educators, will –

- Ensure all children have access to, and are encouraged 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.
- Food / Allergy and Dietary requirements to be updated every 6 months to ensure children's changing needs are kept up-to-date.
- If children do not wish to eat the food provided for the day, an alternative will be provided to the child.
- 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)
- Families will be encouraged to provide food at home 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.
- The weekly menu must accurately describe the food and beverages provided each day of the week.
- Present food attractively.
- Age and developmentally appropriate utensils and furniture will be provided for each child.

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 allow the children to be force fed without being required to eat food they do not like or more than they want to eat.
- Encourage toddlers and kindergarten to be independent and develop social skills at meal times.
- 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.

ALLERGEN MANAGEMENT

The process to manage allergies is described in SOP 5 "Allergen Control procedures". Nominated control include ensuring that correctly labelled foods are received, the ingredients to be checked for allergens, the cook is informed of any children with food allergies via an Allergy/ intolerance record and enrolment form.

- Details of children with Allergies are to be displayed in all kitchens on "Allergy chart" and dated
- Allergens such as nuts are excluded from the premises
- Cross contamination is prevented by substitution or eliminating ingredients and changing utensils and gloves.

The procedure to manage allergens does not take into consideration the following implemented practices:

- Substituting eg rice for pasta, or eliminating ingredients, changing utensils and gloves
- Providing alternative "Allergen free" food for relevant children eg rice milk and yoghurt.
- Separately preparing allergen free foods before preparing other foods and keeping food covered to prevent cross contamination.
- Labelling foods intended for allergen affected children.
- Having a list of each child with food allergens in each kitchen/room
- Ensuring worktops and all relevant equipment is thoroughly cleaned with hot water and detergent before use.
- Any other preventative measures.

BREASTFEEDING, BREAST MILK AND BOTTLE WARMING

Healthy lifestyles and good nutrition for each child is paramount. As such, we encourage all families to continue breast feeding their child until at least 12 months in line with recommendations for recognised authorities.

We aim to work with families with children who are still being breastfed and provide a supportive environment by feeding children breast milk supplied by their families. We will provide a supportive environment for mothers to breastfeed. 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.

BREAST MILK PROCEDURE

- Breast milk that has been expressed should be brought to the service in a clean sterile container labelled with the date of expression and the child's name.
- We will refrigerate the milk at less than 5 degree Celsius until it is required.
- Breast milk will be warmed and/or thawed by standing the container/bottle in a container of warm water.
- The milk will then be temperature tested by educators before being given to the child.
- If the service does not have enough breast milk from the family to meet the child's needs that day, individual families will be consulted on what the service should do in these circumstances.
- To avoid any possible confusion, we will not store unused milk at the service.
- A quiet, private space with a comfortable chair will be provided for mothers/women to breastfeed or express milk..

EDUCATORS WHO BREASTFEED AT THE SERVICE

- The service also 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 educator 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. These times will be unpaid.
- A quiet, private, space will be provided for women to breastfeed or express milk.
- When an educator is in the process of breastfeeding her child or expressing milk, educator to child ratios cannot be compromised. Educators will work to cover the Lactation Break as they would any other break.

SAFE STORAGE AND HEATING OF BABIES BOTTLES

BOTTLE/HOT WATER JUG WARMERS

Our service will use bottle warmers/ slow cooker /hot water jug to heat Infant Formula/Cow's Milk/Breast Milk.

- The service will use the bottle warmer as per the manufacturer's instructions.
- Educators will ensure that bottle warmers are inaccessible to children at all times.

SOURCES

Education and Care Services National Regulations 2012
Early Years Learning Framework
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 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
Occupational Health and Safety Act 2000
Occupational Health and Safety Regulations 2001
Dental Association Australia
Infant Feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003) Feeding and Nutrition of Infants and Young Children (World Health Organisation, 2000)
Australian Breast Feeding Association Guidelines

REVIEW

The policy will be reviewed annually.

The review will be conducted by:

- Management
- Employees
- Families
- Interested Parties

Policy reviewed; May 2023

Next for review; May 2024