



# Nutrition, Food, Beverages and Dietary Requirements

## QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

### Policy Statement

◁ This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

◁ The service is committed to implementing the healthy eating key messages outlined in *Munch & Move* and to supporting the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)* and *National Healthy Eating Guidelines for Early Childhood Settings* as outlined in the *Get Up & Grow* resources.

◁ Further, we recognise the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

### Goals / What are we going to do?

Our service recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care.

### Strategies / How will it be done?

#### Encourage and support breastfeeding and appropriate introduction of solid foods

The service will:

◁ Apply current national infant feeding recommendations.

◁ Provide a suitable place within the service where mothers can breastfeed their babies or express breast milk.

◁ Support mothers to continue breastfeeding until babies are at least 12 months of age while offering appropriate complementary foods, packed by the parents, from around 4 months of age.

◁ Ensure the safe handling of breastmilk and infant formula including transporting, storing, thawing, warming, preparing and bottle feeding.

◁ In consultation with families, offer cooled pre-boiled water as an additional drink from around 6 months of age.

◁ Always bottle feed babies by holding baby in a semi-upright position.

◁ Always supervise babies while drinking and eating - ensuring safe bottle feeding and eating practices at all times.

## **Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents**

The service will:

### **Where food is provided by the service:**

◁ Provide children with a wide variety of healthy and nutritious foods for snacks including fruit and vegetables, wholegrain cereal products and dairy products and alternatives.

### **Where food is brought from home:**

◁ Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.

◁ 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 tiny teddies, jelly, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.

### **Promote safety**

◁ Ensure water is readily available for children to drink throughout the day.

◁ Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.

◁ **CHILDREN AT RISK OF ANAPHYLAXIS WILL HAVE THEIR FOOD PREPARED FIRST AND SEPERATELY FROM OTHER CHILDREN'S FOOD.**

◁ Food heated in microwaves and toasted sandwiches will be left to stand until cool enough to eat.

◁ Ensure young children do not have access to foods that may cause choking.

◁ Ensure all children remain seated while eating and drinking.

◁ Always supervise children while eating and drinking.

### **Safe food handling**

◁ Encourage and provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.

◁ Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.

◁ Ensure gloves are worn 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.

◁ Food is stored and served at safe temperatures ie below 5°C or above 60°C (check fridge temperature regularly).

◁ Separate cutting boards are used for raw meat and chicken and utensils and hands are washed before touching other foods.

◁ Children will be discouraged from handling other children's food and utensils.

◁ Food-handling staff attend relevant training courses and pass relevant information onto the rest of the staff.

◁ All cups, plates and utensils are washed in hot water, drained and left to air dry.

### **Provide a positive eating environment which reflects cultural and family values**

◁ Ensure that 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.

◁ Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.

◁ 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 older toddlers and pre schoolers to get their own lunch boxes and drink from the fridge, and to pack away these after each meal time, thus providing opportunities for them to develop independence and self-esteem.

◁ Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.

◁ Be patient with messy or slow eaters.

◁ Encourage children to eat their sandwich first at lunch, before other smaller snacks. Encourage children to try different foods but do not force them to eat.

◁ Do not use food as a reward or withhold food from children for disciplinary purposes.

◁ Special occasions will be celebrated with culturally appropriate foods (e.g. birthdays and cultural days). Parents and guardians are welcome to bring cake to share with the children for birthdays.

### **Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices**

◁ Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating.

◁ 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.

### **Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service**

◁ Provide a copy of the Nutrition Policy to all families upon orientation at the service. Families will be provided with opportunities to contribute to the review and development of the policy. Resend a copy to the families, as a gentle reminder, if lunch boxes are unhealthy.

◁ Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.

◁ Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.

◁ Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including newsletters, during orientation, information sessions and informal discussion.

## Roles and Responsibilities

Role	Authority/Responsibility For
Approved Provider	<ul style="list-style-type: none"> <li>&lt; Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.</li> <li>&lt; Allocate finances to ensure provision of nutritionally balanced fruit break.</li> <li>&lt; Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.</li> </ul>
Nominated Supervisor	<ul style="list-style-type: none"> <li>&lt; Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children.</li> <li>&lt; Ensure children being cared for by the service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day.</li> <li>&lt; Ensure that, where food and beverages are supplied by the service, they are:               <ul style="list-style-type: none"> <li>»nutritious and adequate in quantity</li> <li>»chosen with regard to the dietary requirements of individual children</li> </ul> </li> </ul>
Early Childhood Educators	<ul style="list-style-type: none"> <li>&lt; Adhere to the strategies and practices of the <i>Nutrition, Food, Beverages and Dietary policy</i>.</li> <li>&lt; Ensure children’s individual dietary needs are adhered to.</li> <li>&lt; Provide positive meal time experiences for children.</li> <li>&lt; Respect the individual needs and choices of children.</li> <li>&lt; Actively supervise children during meal times.</li> </ul>
Families	<ul style="list-style-type: none"> <li>&lt; Communicate regularly with educators/staff regarding children’s specific nutritional requirements and dietary needs, including food preferences.</li> </ul>

## Monitoring, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the Education and Care Services National Regulations, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family’s ability to utilise the service; the fees charged or the way in which fees are collected.

## RELATED GUIDELINES, STANDARDS, FRAMEWORKS

< National Quality Standard: 1.2.3, 2.1.3, 5.1.2, 6.1.2

< Early Years Learning Framework: Outcome 3 – Children take increasing responsibility for their own health and wellbeing

## RESOURCES/USEFUL LINKS

< Australian Children's Education and Care Quality Authority (ACECQA) – [www.acecqa.gov.au](http://www.acecqa.gov.au)

< Healthy Kids NSW – [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

< Nutrition Australia – [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

< Food Standards Australia New Zealand – [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

**Ratified Date: 4/8/2020**

**Updated:**