

## **Food, Nutrition and Beverages Policy**

### **Policy Statement**

This Policy details the Centre's approach to mealtimes when the food and beverages consumed by children while at the Centre are provided by the Centre. It also describes the way educators use mealtimes for a happy and social occasion, and for developing lifelong healthy food choices.

### **Links to Education and Care Centres National Regulations 2018, National Quality Standard 2018**

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#### **Regulations**

**77** Health, hygiene and safe food practices

**78** Food and beverages

**90** Medical conditions policy

**91** Medical conditions policy to be provided to parents

**160**

**162** Health information to be kept in enrolment record

**168** Education and care service must have policies and procedures

#### **National Quality Standards**

QA 2- Children's Health & Safety

QA3- The design of the facilities is appropriate for the operation of a service.

QA5- The dignity and rights of every child are maintained.

QA6 Respectful relationships with families are supported in their parenting role.

Work Health and Safety Act 2012

Individual medical management plans and related resources

### **Procedures**

- At enrolment, parents provide the Centre with details of their child's food and drink allergies and of any cultural preferences in food. The enrolment form has provision for parents to provide the Centre with details of any special dietary requirements (e.g. allergies, culture, religion, food preferences). Parents are asked to update this information when any changes occur.
- A menu will be developed using the principles set out in the Australian Dietary Guidelines for Children and Adolescents
- The menu will be on display for families and children to view at any time.
- Snack times are seen as a social event where children and staff can relax, talk about their day and experience a variety of foods. Staff will demonstrate good health and hygienic eating habits whilst with the children
- Children should be seated whilst eating and drinking to reinforce positive role modelling and to minimise spillage.
- Children and parents are encouraged to make suggestions and regularly contribute to the menu by sharing family recipes and cultural ideas.
- All family and multicultural practices will be acknowledged and addressed in the provision of food

- The Centre maintains a list and photographs of children with special food requirements for health or medical reasons (e.g. allergies, intolerances). This information is displayed in the food preparation areas and strategically throughout the Centre. Relief staff are informed of these dietary requirements when they begin their shift.
- Education of healthy eating habits will be developed through ongoing example, specific activities, notices, posters and information sheets to parents
- The denial of food will never be used as a punishment
- The vacation care program provides opportunities to provide the children with engaging cooking activities. These experiences will be linked to the children's current interests and learning program.
- Children are encouraged to eat, but they are not required to taste new foods, to eat food they do not like or to eat more than they want.
- Meal times are relaxed, pleasant and unhurried.
- Staff are encouraged to attend professional development on nutrition and food safety.

## **FOOD AND HYGIENE**

- All food will be prepared and stored in a hygienic manner
- When children are involved in food preparation this should always be supervised and hygienic conditions maintained. Children will be asked to wash their hands and gloves worn if necessary.
- Food will be stored in tightly sealed containers away from any chemicals
- Food requiring refrigeration will be stored in the temperature controlled refrigerator
- Kitchen equipment is to be cleaned and stored appropriately
- Staff and children wash hands before preparing or serving food. Use warm water and soap and dry hands with disposable paper towels. Gloves are worn during food preparation and serving if required.
- Surfaces are cleaned before and or after food preparation
- All perishable foods should be stored in the refrigerator and the temperature should be monitored to ensure it is less than 5 degrees C
- The service will provide food handling and hygienic information to parents
- The service will review and evaluate food handling and practices
- Educators seek children's opinion of the menu.

### ***Before School Care***

Breakfast will only be offered to children that are early arrivals between the following times:

- 7.00am – 8:15am only
- water will be available to all children at all times

Arrivals after this time are assumed breakfast has been offered at home and staff will be unable to cater after this time due to scheduled morning routines.

The service has implemented a breakfast bar where children are able to serve themselves cereal for breakfast with educators supervision.

## **After School Care**

Afternoon tea will be offered to all children participating in the After School Care program and a late afternoon snack for late departures and they will be offered between the following times:

- 3.05pm – 3.30pm (menu will be available weekly for parents perusal)

## **Vacation Care**

- During Vacation Care, parents will be asked to provide their children's morning tea, afternoon tea, lunch and drinks, unless otherwise stated on the program. Breakfast will be offered only to early arrivals between the following times:- 7.30am – 8.15am only (this will include toast or cereal only)
- Water will be available to all children at all times. Children will be encouraged to bring their own drink bottles that can be refilled throughout the day if necessary.
- Any food provided by the Centre will be prepared and stored in a hygienic manner.
- Where children are involved in food preparation, this should always be supervised and hygienic conditions maintained.
- Food will be stored in tightly sealed containers, away from any chemicals.
- Food requiring refrigeration will be stored in the refrigerator.
- Children should be seated whilst eating or drinking.
- The denial of food will never be used as a punishment.
- Containers are to be cleaned and stored appropriately.
- We will provide nutritious and varied food of good quality in the centre
- Children will be encouraged to develop good eating habits through good examples and education
- Parents will be encouraged to share family and multicultural values and ideas to enrich the variety and enjoyment of food by the children
- High standards of hygiene will be maintained throughout all food preparation

Date created: April, 2015

Date last reviewed: April 2023