

Nutrition, Food, Beverages and Dietary Requirements

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

We would like to acknowledge Community Child Care Co-operative (NSW) for material used in this policy

Policy Statement

This policy concerns the provision of healthy food and drink while children are in care at North Rocks Preschool 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 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?

North Rocks Preschool 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

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents
The service will:

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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 lollies, chocolates, 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.
- 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 cooking staff and 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.
- 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.

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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 preschoolers to clear their rubbish from the table – 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 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.

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.
- 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.



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- 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
Nominated Supervisor	<p>Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.</p> <ul style="list-style-type: none">• Allocate finances for training and food safety.• 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.• 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.
Early Childhood Educators Certified Supervisors	<ul style="list-style-type: none">• Adhere to the strategies and practices of the Nutrition, Food, Beverages and Dietary policy.• Ensure children’s individual dietary needs are adhered to.• Provide positive meal time experiences for children.• Respect the individual needs and choices of children.• Actively supervise children during meal times.• Adhere to the services Hygiene Policy.
Families	<ul style="list-style-type: none">• Communicate regularly with educators/staff regarding children’s specific nutritional requirements and dietary needs, including food preferences.• Contribute recipes ideas.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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 the 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 Regulation 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 families ability to utilise the service; the fees charged or the way in which fees are collected.

RELATED GUIDELINES, STANDARDS, FRAMEWORKS

- National Quality Standard, Quality Area 1: Educational Program and Practice – Standards 1.1, 1.2
- National Quality Standard, Quality Area 2: Children’s Health and Safety – Standards 2.1, 2.2
- National Quality Standard, Quality Area 3: Physical Environment – Standards 3.1, 3.2
- National Quality Standard, Quality Area 4: Staffing Arrangements – Standards 4.1, 4.2
- National Quality Standard, Quality Area 5: Relationships with Children – Standards 5.1, 5.2
- National Quality Standard, Quality Area 6: Collaborative Partnerships with Families and Communities – Standards 6.1
- National Quality Standard, Quality Area 7: Governance and Leadership – Standards 7.1, 7.1.2

SOURCES

Australian Children’s Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
Healthy Kids NSW – www.healthykids.nsw.gov.au
Nutrition Australia – www.nutritionaustralia.org
Food Standards Australia New Zealand – www.foodstandards.gov.au