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# *NUTRITION, FOOD & BEVERAGE, DIETARY REQUIREMENTS POLICY*

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

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Yarraman Oaks Primary School Out of School Hours Care 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 their care. This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

We are committed to implementing the healthy eating key messages outlined in “Kids Go For Your Life” and to supporting the National Healthy Eating Guidelines for Early Childhood Settings as outlined in the Get Up & Grow resources.

Furthermore, Yarraman Oaks Primary School Out of School Hours Care Service recognises 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.

### **Quality Area 2: Children's Health & Safety**

- 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.
  - 2.1.3 Healthy eating & physical activity are promoted and appropriate for each child.

## **Early Years Learning Framework**

### **Learning Outcome 3**

- 3.2 Children take increasingly responsibility for their own health and physical wellbeing.

#### **Purpose**

Yarraman Oaks Primary School Out of School Hours Care Service aims to promote children's wellbeing by providing good nutrition and endorsing a healthy lifestyle which works in accordance with the Australian Guide to Healthy Eating and the Australian Dietary Guidelines.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promote lifelong learning for children.

#### **Scope**

This policy applies to children, families, staff, and management of the service.

#### **Implementation**

Yarraman Oaks Primary School Out of School Hours Care Service has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by the Service or families will endeavour to be consistent with the Australian Dietary Guidelines.

Meal times reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour, by sharing a small amount of the food on offer with the children. This assists in creating a positive and enjoyable eating environment.

Food will be prepared in accordance with the Food Safety Program. All kitchens and food preparation areas shall comply with Food Standards Australia and New Zealand. (FSANZ)

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

Where food is provided by the service Yarraman Oaks Primary School Out of School Hours Care Service will provide children with a wide variety of healthy and nutritious

foods for meals and snacks including fruit and vegetables, wholegrain cereal products, dairy products, lean meats and alternatives.

Plan and display the service menu (at least two weeks at a time) that is based on sound menu planning principles and meets the daily nutritional needs of children whilst in care.

Plan healthy snacks on the menu to complement what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.

Vary the meals and snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas.

**Management/Nominated Supervisor/Educators will:**

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.

Ensure all children are always supervised children while eating and drinking.

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

Follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government “eat for health” calculator <http://www.eatforhealth.gov.au/eat-health-calculators>.

Display the weekly menu in an accessible and prominent area for parents to view.

Display nutritional information for families and keep them regularly updated.

Ensure the weekly menu is accurate and describes the food and beverages provided each day of the week.

Ensure food is presented attractively.

Ensure age and developmentally appropriate utensils and furniture will be provided for each child.

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.

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.

### **Storing, preparing and serving food in a hygienic manner promoting hygienic food practices.**

Yarraman Oaks Primary School Out of School Hours Care Service will:

Ensure that gloves (or food tongs) are used by all staff handling 'ready to eat' foods

Ensure that children and staff wash and dry their hands (using soap, running water and single use or disposable towels) before handling food or eating meals and snacks.

Ensure that food is stored and served at safe temperatures i.e. below 5oC or above 60oC.

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

Discourage children from handling other children's food and utensils.

Ensure that staff members attend relevant food handling training courses and pass relevant information onto the rest of the staff.

### **Creating a positive learning environment**

Yarraman Oaks Primary School Out of School Hours Care Service will:

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.

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 not force them to eat.

Not use food as a reward or withhold food from children for disciplinary purposes.

### **Service Program**

Yarraman Oaks Primary School Out of School Hours Care Service will:

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.

### **Communicating with families**

Yarraman Oaks Primary School Out of School Hours Care Service will:

Provide a copy of the Nutrition Policy to all families upon orientation at the Service.

Provide families 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.

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 factsheets, newsletters, during orientation, information sessions and informal discussion.

### **Source**

Australian Children's Education & Care Quality Authority. (2014).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,

Guide to the National Quality Standard.

Early Years Learning Framework

Food Standards Australia New Zealand

Safe Food Australia, 2nd Edition. January 2001

Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood

Australian Dietary Guidelines 2013

Eat for health: Dept Health and Ageing and NHMRC

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

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

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