

Policy 1

Nutrition Policy

Policy Statement

Wideview Outside School Hours Care Service believes that good nutrition is essential for a child's healthy growth and development. Good nutrition is essential to healthy living and enables children to be active participants in play and leisure, we recognise the importance of safe food handling and healthy eating. Where possible we will seek out opportunities to learn about growing food and collaborate with children to cook with fresh produce and use produce, we have grown ourselves in our menu planning ("My Time, Our Place" 3.4).

Links to Education and Care Services National Regulations and National Quality Standard

QUALITY AREA		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
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

Procedure

1. Nutrition

- 1.1 A menu will be developed using the principles set out in the Australian Dietary Guidelines for Children and Adolescents,
- 1.2 The menu will be on display for families and children reflecting the weekly planned food and drink that is being served (menus may change depending on availability of ingredients)
- 1.3 All children's individual needs such as allergies, cultural requirements, and health needs etc. will be addressed in the menus and families advised if they will be required to supply specific foods for their child.
- 1.4 Children, families, and staff are encouraged to contribute to menu ideas.
- 1.5 Food and drink consistent with the menu will be provided for morning and afternoon tea as well as small nutritious snacks available as necessary.
- 1.6 Children are not to share food, cutlery, plates, cups or lunchboxes with each other to prevent cross contamination, spread of viruses/germs and potential life-threatening anaphylaxis of children with allergies.
- 1.7 Fresh drinking water will be available at all times for the children and educators.

- 1.8 During vacation care, families may be asked to provide their child's lunch and drinks, unless otherwise stated on the program. No menu will be required where food and drink are not provided by the service.
- 1.9 Children and families will be encouraged to share family and cultural traditions, ideas and recipes to contribute to the menu.
- 1.10 Education of healthy eating habits will be developed through notices, posters and information sheets to families.
- 1.11 Educators promote healthy eating in children discussing the topic and in other intentional teaching such as role-modelling and providing cooking activities to develop life skills.
- 1.12 The denial of food will never be used as a punishment.
- 1.13 Children are encouraged to eat, but they are not required to eat food they do not like or to eat more than they want.
- 1.14 Educators will attend professional development on nutrition and food safety practices when possible and document changes to practice as a result.

2. Food Safety

- 2.1 A food safety Supervisor will be appointed and will hold the required training and certificate for this position.
- 2.2 All staff will complete basic food handling training before preparing or serving food for the service.
- 2.3 All food will be prepared and stored in a hygienic manner as per the current Australian New Zealand Food Standards
- 2.4 Kitchen equipment will be cleaned and stored appropriately.
- 2.5 Surfaces are cleaned before and after food preparation and eating.
- 2.6 All perishable foods will be stored in the refrigerator and the temperature should be monitored to ensure it is less than 5°C.
- 2.7 All food is appropriately covered after being prepared/ before being served.
- 2.8 Opened food will be stored in sealed containers, away from any chemicals.
- 2.9 Children will be encouraged not to share drinking and eating utensils.
- 2.10 Tongs and spoons will be used for the serving of food.
- 2.11 All cups, plates and utensils will be washed in the service dishwashers or in hot, soapy water when required.
- 2.12 Where possible children will be seated while eating or drinking.
- 2.13 Educators can choose whether to wear gloves or not provided that effective hand washing is being implemented.

- 2.14 Gloves must be removed and discarded after preparing raw food, coughing, sneezing, eating, drinking, or touching hair or body or any other action that may cause contamination. Hands are to be washed and gloves replaced if food preparation continues.
- 2.15 All rubbish is to be disposed of immediately in lidded bins and bins emptied daily and regularly cleaned with disinfectant.
- 2.16 Containers are to be cleaned and stored appropriately to ensure pests are not able to contaminate them.
- 2.17 Children will be encouraged to be involved in food preparation through planned activities, to assist them to have opportunities to learn more about preparing food, food guidelines and hygiene practices. This participation should always be supervised and provides a great teaching opportunity to explain about food and effective hygiene.
- 2.18 The service will regularly review and evaluate food handling practices in line with current best practice guidelines from recognised authorities.
- 2.19 The service will provide food handling and hygiene information to parents.

3 Responsibility of Parents

- 3.1 To provide the Service with details of their child's known food allergies at enrolment, and to inform the Service immediately any changes occur.
- 3.2 To discuss their child's food allergies, if any, with their child to ensure they understand the importance of not sharing food.

Sources, further reading and useful websites

- Australian Children's Education & Care Quality Authority. (2014).
- Food Act 2003
- Food Regulation 2015
- Foodsafety.gov. (2019): <https://www.foodsafety.gov>
- Food Standards Australia and New Zealand Act 1991
- Food Standards Australia New Zealand. (2016). Safe Food Australia – A guide to the food safety standard (3rd Ed.):
<http://www.foodstandards.gov.au/publications/Pages/safefoodaustralia3rd16.aspx>
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
- Guide to the National Quality Standard. (2017).
- My Time, Our Place: Framework for School Age Care in Australia (2011).
- NSW Government. Healthy Kids. (2019). Munch and Move:
<https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>.
- Revised National Quality Standard. (2018).

Policy review information -

Review Date	Date completed	By Whom	Collaborated	Comment
Feb 2022	4/3/2022	Brandi (Manager)	Staff Committee Parents	
Feb 2023	15/2/2023	Brandi (Manager)		
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