

D-3 Food and Nutrition

National Quality Standards (NQS)

1.1.3	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning.
2.1	Each child's health is promoted.
2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy eating and physical activity are promoted and appropriate for each child.
3.1.2	Premises, furniture and equipment are safe, clean and well maintained.
5.2	Each child is supported to build and maintain sensitive and responsive relationships
6.1.1	Families are supported from enrolment to be involved in the service and contribute to service decisions.

Education and Care Services National Regulations

Reg. 77	Health, hygiene and safe food practices
Reg. 78	Food and beverages
Reg. 79	Service providing food and beverages
Reg. 80	Weekly menu
Reg. 103	Premises, furniture and equipment to be safe, clean and in good repair
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care service must have policies and procedures

My Time, Our Place

3.2	Children take increasing responsibility for their own health and physical wellbeing
4.3	Children transfer and adapt what they have learned from one context to another
4.4	Children resource their own learning through connecting with people, place, technologies and natural and processed materials

Policy Statement

We aim to provide good quality and nutritious food for the children at the service. Children will be encouraged to develop positive eating habits through role modelling and education. Families will be encouraged to share any ideas, family or cultural values and recipes to enrich the variety and enjoyment of food by the children. High standards of hygiene will be maintained throughout all food preparation.

Related Policies

- Allergies Policy
- Anaphylaxis Management Policy
- Asthma Management Policy
- Daily Routines Policy
- Dealing with Medical Conditions Policy
- Enrolment and Orientation Policy
- Hygiene Policy
- Staff Orientation and Induction Policy
- Storage Policy

Procedure

Breakfast is served during Before School Care between 7.00am and 8.15am. Afternoon tea, fruit snack, and late afternoon tea will be provided during After School Care.

During Vacation Care, breakfast is served between 7.00am and 8.30am and afternoon tea is supplied unless otherwise specified in the program. Parents are asked to supply morning tea and lunch for their children during Vacation Care unless otherwise stated in the program.

Fresh drinking water is available at all times for the children and staff.

All food provided at the service is nutritious and varied. Where possible, local fresh produce will be used. Meals are based on the five food groups (grains, fruit, vegetables, meat/legumes and dairy) in conjunction with the *Eat Smart Play Smart Manual* from the Heart Foundation. Sweets and treats are available only occasionally.

The weekly menu will be up on display for parents and children every day. The menu will be updated with any changes made on the day.

Children and parents are encouraged to contribute to the menu, by sharing family and cultural values, ideas and recipes. All family and cultural practices will be acknowledged and addressed in the provision of food.

Mealtimes are seen as a social event where children and staff can relax, talk about their day and experience a variety of foods. Children should be seated while eating or drinking.

All children's individual needs such as allergies, intolerances and dietary requirements will be addressed in the menus. A list of all children's allergies and dietary requirements is kept near the food preparation area to ensure all staff adhere to these.

Education of healthy eating habits will be developed through ongoing role modelling, specific activities, notices, posters and information sheets to parents. Staff will demonstrate healthy and hygienic eating habits while with the children.

The denial of food will never be used as a punishment.

Food Preparation and Storage

All food will be prepared and stored in a hygienic manner, as per the Food Standards Australia and New Zealand. All food will be labelled with the date it was opened.

Prepared food will be stored in an airtight container and labelled with the following details:

- Date of preparation
- Use by date
- Time prepared
- Name of person who prepared the food
- Any allergens

Staff involved in food preparation will prepare all food in a hygienic manner and ensure there is no cross contamination of food. Staff will be encouraged to wear gloves while preparing and serving food, ensuring effective hand washing is implemented whether using gloves or not.

If gloves are used, care must be taken to avoid contaminating food by only using them for one continuous task and then discarding them. Gloves must be removed, discarded, hands washed, and the gloves replaced with a new pair before handling food and/or before working with ready to eat food after handling raw food.

Gloves must be removed and discarded after using the toilet, coughing, sneezing, using a handkerchief, eating, drinking, or touching hair, scalp or body. They will then be replaced if food preparation continues.

All rubbish or left-over food is to be disposed of immediately in lidded bins and bins emptied and cleaned with disinfectant daily.

Tongs and spoons will be used for the serving of food. Where possible, staff will encourage children to serve their own food and drinks to encourage the development of their food handling skills as well as acknowledging their growing sense of independence.

Food will be stored in tightly sealed containers, away from any chemicals. Food will be regularly rotated ensuring first in is first out (FIFO).

Food requiring refrigeration will be stored in the refrigerator. Milk and meat products will not be stored in the fridge door. Temperature checks will be done on the fridge and freezer every shift by a staff member and recorded, ensuring that the temperature is safe to avoid spoilage. Food kept in the fridge will be kept below 5 degrees Celsius.

Children will be asked to wash their hands with soap and water prior to eating or handling food. Where children are involved in food preparation, they will be supervised, and hygienic conditions maintained.

Children's cooking activities will be encouraged to develop life skills. At all times safe and hygienic practices will be followed.

Sources

- Childcare Desktop Policies – Nutrition Food Safety Policy
- Education and Care Services National Regulations 2011
- Food Standards Australia and New Zealand (FSANZ)
- Framework for School-Age Care in Australia - My Time Our Place
- National Quality Standard – Australian Children’s Education and Care Quality Authority
- Network of Community Activities – Nutrition and Food Safety Sample Policy
- Work Health and Safety Act 2011

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Version Control			
Version	Changes Made	Initiated By	Director Sign-off
v.2.202306	- Minor grammatical changes	Staff	
v.2.202106	- Updated Sources	Staff	
v.2.202006	- No changes made		
v.2.201905	- Updated links to NQS and National Regulations - Included more specific guidelines around preparation and serving of food and hygiene practices - Minor wording changes	Staff Staff Staff	