

Warradale Community Children's Centre acknowledges the traditional custodians of the land we live on today and we pay our respects to the Aboriginal and Torrens Strait Islander People past, present and emerging.



## Nutrition and Food Safety Policy

Quality Area 2: Children's Health and Safety		
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

Children (Education and Care Services) National Law	
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

### Aim:

To ensure that Warradale Community Children's Centres provide a healthy, nutritious and varied menu for our children.

### Implementation:

- Food provided will be consistent with the Dietary Guidelines for Children and Adolescents in Australia and will provide at least 50% of the recommended Daily Intake of key nutrients.

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- Menu planning will consider the dietary, cultural, religious and health needs of the children at the centre with an emphasis on introducing multicultural meals onto the menu.
- Our centre is nut aware and endeavours to exclude all nut products from the centre by educating educators, staff and families.
- Halal foods are served.

#### **Leadership will:**

- Provide information about healthy eating through newsletters and/or workshops to educators and families
- Chef's will be given access to professional development courses that further their knowledge and skills.
- Encourage breastfeeding by ensuring that there is a quiet place for mothers to sit and feed.
- Place the menu on the Centre's Storypark community page and inform families of any changes.
- Display the menu in the front foyer as well as in each room for families to see each day.
- Provide opportunities for families to access dental care for the children at the centre through programs such as Lift the Lip.
- Ensure age and developmentally appropriate utensils and furniture is provided for each child.

#### **The Chef will:**

- Prepare a 6-week seasonal rotational menu that is low in sugar and salt and minimises the use of food colourings and preservatives.
- If possible we avoid adding sugar to meals.
- Provide breakfast, morning and afternoon teas, lunch and late-night snack.
- Serve full cream milk along with water at snack times. Water is served at lunch time.
- Provide age appropriate meals for the Under Two's (pureed, mashed, finger food etc)
- Ensure that children do not have access to food that may cause choking eg. grapes are cut in half for children.
- Display the menu attractively within the centre.
- Ensure that fridge /freezer temperatures are taken daily in compliance with the National Food Authority.

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- Not serve nuts, raw carrot, popcorn, corn chips, raw celery or hard chunks of meat.
- Separate cutting boards are used for raw meat and chicken, fruit and vegetables and utensils and hands are washed before touching other foods.
- Cater for special diets based on medical, cultural or religious requirements.
- Provide meals that are similar to the main meal wherever possible for those children with allergies or cultural requirements.
- Talk to families about their child's food intake and voice any concerns about their child's food intake.
- Ensure that food is presented attractively for children.

#### **Educators will:**

- Provide access to water throughout the day.
- Ensure that infants are fed individually by educators.
- Educate the children about healthy oral hygiene by serving water at lunch time to rinse the mouth before sleep or rest.
- Offer information about what the children have eaten to the families daily.
- Annually update their food handling qualifications (Do Food Safely).
- Encourage children to try new foods.
- Encourage good eating habits by sitting with the children and role modelling healthy eating-  
(eating a small portion of the meal where possible) whilst discussing the meal.
- Follow the correct guidelines for storage and warming of both infant formula and breast milk.
- Discourage children from walking when they are eating or drinking.
- Respect children's food preferences and not forcing them to eat if they do not wish to.
- Celebrate cultural events and practices.
- Not allow any child to be force fed when they do not like the food or have had enough to eat.
- Educate the children about healthy foods and sometimes foods.
- Encourage children to practice self-help skills by setting the table, clearing away plates and disposing of food scraps when possible.
- Never use food as a reward or a punishment.
- Develop a Risk Assessment for any child with an allergy.
- Not offer foods to a child with an allergy where the ingredients are unknown. Where possible they will confirm the ingredients with the chef.
- Incorporate nutritional information into the programme.

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### **Families will:**

- Ensure that all information regarding food allergies or cultural preferences is communicated with the chef.
- Follow up Modified Diet Care Plans annually with GP and provide the centre with this paperwork.
- Inform the centre about emergency procedures needed should the child have an allergic reaction.
- Keep the child at home until all plans are in place.
- Communicate with educators and the Chef to determine what alternatives will be used for special diets.
- Not supply cakes or treats for special occasions such as child's birthday or last day due to other children's allergies. (The room will try to make a cake for that child's special day).
- Not send their child to the centre with sweets or chocolates/ outside foods as other children may have allergies.

### **Encourage and support breastfeeding and appropriate introduction of solid foods**

#### **Our Service will:**

- Provide a suitable place within the service where mothers can breastfeed their babies or express breast milk.
- Support mothers to continue breastfeeding until babies are at least 12 months of age while offering appropriate complementary foods from around 6 months of age.
- Ensure the safe handling of breast milk and infant formula including transporting, storing, thawing, warming, preparing and bottle feeding.
- In consultation with families, offer cooled pre-boiled water as an additional drink from around 6 months of age.
- Where breastfeeding is discontinued before 12 months of age, substitute with a commercial infant formula.
- Always bottle-feed babies by holding baby in a semi-upright position.
- Ensure appropriate foods (type and texture) are introduced around 6 months of age.
- Adjust the texture of foods offered between 6 and 12 months of age to match the baby's developmental stage.
- Offer a variety of foods to babies from all the food groups.
- Always supervise babies while drinking and eating - ensuring safe bottle-feeding and eating practices at all times.

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

Our Service will:

- Ensure gloves or food tongs are used by all staff handling 'ready to eat' foods
- Children and staff wash and dry their hands before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures i.e. below 5°C or above 60°C.
- Children will be discouraged from handling other children's food and utensils.
- Food-handling staff members attend relevant training courses and pass relevant information onto the rest of the staff.

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

Our 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.
- Encourage older toddlers and pre-schoolers to assist to set and clear the table and serve their own food and drink - 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.

### **Service Program**

Our 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.

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- 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.
- Embed the importance of healthy eating and physical activity in everyday activities and experiences

### **Communicating with families**

Our Service will:

- 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 that includes food for children's lunchboxes that assist when they go to Preschool or school. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.
- Families will be provided with opportunities to contribute to the review and development of the policy.

### **Evaluation:**

This policy is viewed to be working effectively when:

- Children are provided with 50% of their daily recommended intake of key nutrients whilst at the centre.

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## 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
- Infant Feeding Guidelines 2012
- 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
- NSW Food Authority
- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2011
- Dental Association Australia
- Australian Breast Feeding Association Guidelines
- Munch and Move
- Revised National Quality Standards

## Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Next Review Date
1.0	22/4/18	Policy developed.	Trish Cook	April 2020
1.1	23/4/2020	Policy changed from being based on Warradale needs to that of both centres. Wording changed around lunchboxes to assist families in the transition to school and pre-school. SRER content removed.	Lori Hay	April 2023
1.2	3/8/2023	Policy updated to support non bringing outside food into the centre and updating the food safety training to Do food Safely.	Stephanie Bilsborow	3/8/2024