



## Nutrition Policy

### Food, Beverages, Dietary Requirements and Food handling

#### Relevant Legislation

Education and Care Services National Regulations 2011: 77-80; 90-92.

Children (Education and Care Services National Law Application) Act 2010.

National Quality Standard for Early Childhood Education and Care and School Age Care Element 2.2.1; Element 3.1.1; Element 3.1.2; Element 4.2.1; Element 6.1.2; Element 6.2.1.

Early Years Learning Framework for Australia - Practice: Responsiveness to children; Intentional teaching; Cultural competence - Outcomes: 1, 2, 3

#### Introduction

Our preschool has a key educational role to play in promoting nutritious food choices in our community. We recognise our duty of care to ensure that food is prepared and stored safely in line with Department of Health Guidelines.

Early childhood educators are in an ideal position to role model healthy eating and encourage young children and their families to make healthier food choices. . This will contribute to the prevention of weight problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

This policy recognises the importance of working in partnership with families to make healthy choices while exposing children to an educational program which embraces healthy eating and physical activity.

#### Policy Goals

Tathra preschool we encourage healthy eating habits in children and their families by:

- ❖ Providing a positive role model for healthy eating and activity
- ❖ Planning meal times which provide positive learning experiences for children
- ❖ Promoting the five key *Munch and Move* messages ;
- ❖ Working in partnership with families to support healthy food choices.
- ❖ Following recommended safe food storage and preparation guidelines contained within the Dietary Guidelines for Children and Adolescents in Australia to ensure children's protection from food borne illness.
- ❖ Developing any menus in accordance with the Australian Government *Healthy Eating and Physical Activity for Early Childhood Settings*, and the *Dietary Guidelines for Children and Adolescents in Australia*;

## Strategies: What are we going to do?

### Professional development of staff and educators

- All educators will attend *Munch and Move* professional development training or receive similar training and information;
- All educators will have access to the *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings*;
- Ongoing professional development opportunities will be provided to support staff knowledge of children's dietary needs, food handling and hygiene procedures.

### Provision of food and drinks at the service

#### The Approved Provider will:

- Ensure that educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food.

#### The Nominated Supervisor will ensure that:

- All children will have access to safe drinking water at all times;
- All children are offered food and beverages appropriate to the needs of the child on a regular basis throughout the day.
- Educators and staff implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- As per the Medical Conditions Policy the centre shall exclude allergenic foods and that all dietary requirements relating to medical conditions are adhered to.
- In the event of food and beverages provided that they will ;
  - Be nutritious and adequate in quantity;
  - Take into account growth and development needs;
  - Take into account any known food allergies and intolerances of specific children;
  - Reflect recommended dietary guidelines;
  - Take into consideration each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements.

#### Staff and educators will ensure that:

- Healthy eating is promoted through role modelling and eating with the children;
- Children are encouraged to make healthy food choices;
- All meal times are positive, relaxed and social;

- Children are encouraged to try new foods, and their food likes and dislikes are respected;
- Children are positively involved in meal times;
- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food.
- As per the Medical Conditions Policy the preschool shall ensure that all dietary requirements relating to medical conditions are adhered to.

### Supporting families

- Staff and educators will support families' choices regarding infant feeding, including breastfeeding and bottle feeding;
- The preschool will provide families with up to date information on dietary requirements of young children to ensure optimal growth and development, and provide families with opportunities to discuss ways to maximise the health and well-being of their child/ren.

### Education and information

- Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating;
- Learning experiences will be guided by the principles of the Early Years Learning Framework ;
- Families will be provided with current information about recommended guidelines around dietary requirements, screen time and physical activity.

### Evaluation

Meal times will be relaxed and educators will role model healthy eating to children. The preschool will be proactive to promote nutritious food choices in our community.

#### Procedures and Forms

- Individual Care Plans/Dietary requirements
- Hand washing Procedures
- Safe storage of Food and Drinks
- Work, Health and Safety Cleaning Schedules
- Enrolment Form
- Grievance Procedures

#### Links to other Policies

- Tathra preschool Philosophy
- Enrolment Handbook
- Diversity and Inclusion Policy
- Accidents, Emergencies and First Aid
- Confidentiality and Privacy policy
- Enrolment and Orientation
- Health Hygiene and Infection Control
- Incident ,Injury ,trauma and Illness Policy

- Medication and Medical Conditions
- Work, health and safety Policy
- Partnerships and Communication with Families

## Sources and References

DEEWR (2009). *Belonging Being and Becoming: The Early Years Learning Framework for Australia*. [www.deewr.gov.au](http://www.deewr.gov.au).

2007 National Children's Nutrition and Physical Activity Survey

Munch and Move Resource Manual. NSW Department of Health 2008

Healthy Eating and Physical Activity Guidelines for Early Childhood Settings;

Get Up and Grow healthy Eating and Physical Activity for Early Childhood (Director/Coordinator Book) 2009. Department of Health.

Australian Government Healthy Eating and Physical Activity Guidelines for Early Childhood Settings – [www.health.gov.au](http://www.health.gov.au)

Food Standards Australia New Zealand - ***food standards, consumer information, fact sheets*** [www.foodstandards.gov.au/](http://www.foodstandards.gov.au/)

Healthy Kids Association - ***information on nutrition and healthy eating*** - Retrieved April 11, 2011, from <http://www.healthy-kids.com.au/>

Healthy Kids website - ***Provides information resources and ideas on physical activity and healthy eating for children and young people*** [www.healthykids.nsw.gov.au/](http://www.healthykids.nsw.gov.au/)

National Health and Medical Research Council - ***Dietary Guidelines for Children and Adolescents in Australia*** - [www.nhmrc.gov.au/](http://www.nhmrc.gov.au/)

National Health and Medical Research Council - ***Staying Healthy in Child Care - 4<sup>th</sup> Edition 2005 - Food Safety***; [www.nhmrc.gov.au/](http://www.nhmrc.gov.au/)

Nutrition Australia - ***resources and fact sheets*** - [www.nutritionaustralia.org/national/resources](http://www.nutritionaustralia.org/national/resources)

## Date Adopted

December 2012

## Review Date

2017 Updated  
2021 Review or when procedure, practice or legislation changes.