



Wattle Grove Out of School Hours Care/Vacation Care
Cressbrook Drive, Wattle Grove NSW 2173
Phone; 02 98254700
Wattlegrovekidsclub@optusnet.com.au

Nutrition, Food, Beverages and Dietary Requirement Policy

2020

NATIONAL QUALITY STANDARD (NQS)

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	
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

Purpose

Early childhood education and care (ECEC) services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines (**National Regulation 78-79**). It is essential that ECEC services partner with families to provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, Type-2 diabetes and cardiovascular disease.

Service Commitment

Wattle Grove Out of School Hours Care Centre recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

Our service is committed to implementing and embedding the healthy eating key messages outlined in the NSW Health's Eat Smart & Play Smart program into our curriculum and to support the National Healthy Eating Guidelines and Australian Dietary Guidelines.

Further, Wattle Grove Out of School Care service recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the OSHC service has an important role in encouraging, supporting and educating families in healthy eating.

Strategies



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Promote healthy food and drinks based on the *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating*

Where food is provided:

- 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 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 options.
- Children will be provided with appropriate cutlery and crockery to eat their meals.

All services:

- Ensure water is readily available (both indoors and outdoors) for children to consume throughout the day (**National Regulation 78**).
- Be aware of children with food allergies, food intolerances and special dietary requirements and consult with families to develop individual management plans (**National Regulation 79**).
- Ensure young children do not have access to foods that may cause choking. Ensure that food is appropriately sized according to development and age.
- Ensure all children remain seated while eating and drinking.
- Always supervise children while eating and drinking.
- Promote good oral health through learning experiences and daily 'swish and swallow' practice.
- Ensure any fundraising promotes healthy and active lifestyles and advocates for children's wellbeing.

Provide age appropriate food and drinks to children that have been stored, prepared and served in a safe and hygienic manner to promote hygienic food practices

- Ensure tongs are used by all staff handling 'ready to eat' foods.
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures i.e. below 5C or above 60C.
- Use separate cutting boards for raw meat; utensils and hands are washed before touching other foods.
- Children are discouraged from handling other children's food and utensils.
- Always check labels for the 'use by' and 'best before' dates, understanding that 'use by' dates apply to perishable foods that could potentially cause food poisoning if out of date, whilst 'best before' dates refer to food items with long shelf life but quality could be compromised.
- Ensure fresh meat, chicken, or fish products cannot leak on to other food items.
- Ensure fridge and freezer temperatures are checked daily.
- Store raw foods below cooked foods in the refrigerator to avoid cross contamination by foods dripping onto other foods.
- Ensure that all foods not stored in their original packaging are labelled with:



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- The name of the food,
 - The 'use by' date,
 - The date the food was opened,
 - Details of any allergens present in the food.
- Ensure staff handling food attend relevant training courses and share knowledge with all educators.

Provide a positive eating environment that is relaxed, social and reflects cultural and family values

- 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.
- Recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds through strong partnerships with families and community.
- 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 preschool-aged children to help set and clear the table and serve their own food and drink – providing opportunities for them to develop independence, confidence 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.
- Never use food as a reward or withhold food from children for behaviour management purposes.

Promote lifelong learning for children, early childhood education and care staff and families about healthy food and drink choices, including trying new healthy foods

- Foster awareness and understanding of healthy food and drink choices through daily discussions, displays, and intentionally planned or spontaneous related learning experiences throughout our service curriculum.
- Encourage and provide opportunities for all educators and staff members responsible for providing food and drinks to the children to participate in regular professional development opportunities to broaden their knowledge and understanding of children's nutritional requirements.
- Provide opportunities for families to attend information sessions related to children's nutrition and wellbeing.

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service

- Provide a copy of the Nutrition Policy to all families upon orientation at the service.
- Involve families in the review of this policy (procedure) annually.
- Have regular communication with families about their child's eating habits and any concerns that the service might have.
- 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 resolution so that children's individual dietary needs are met.



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- Communicate regularly with families about food and nutrition related experiences within the service, including related professional development, 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 drinks 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.

Responsibilities of the Approved Provider

- Ensure the service operates in line with the Children Education and Care Services National Law and the Education and Care Services National Regulations.
- Allocate finances for training and food safety including food handlers and Eat Smart & Play Smart program.
- Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required.
- Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
- Must ensure that the Nominated Supervisor of the service and any staff members and volunteers of the service implement adequate health and hygiene practices as well as safe food handling, preparing and storing of food to minimise risks to children being educated and cared for (**National Regulation 77**).
- Must ensure that the food and beverages provided to children being educated and cared for at the service, are nutritious and adequate in quantity. Approved Provider must also ensure that the food and beverages chosen meet the individual needs and dietary requirements including development and cultural, religious or health requirements of each child (**National Regulation 79**).
- Must ensure that the weekly menu is displayed in an area that is accessible to families and that is accurate describing the food and beverages offered to the children each day (**National Regulation 80**).

Responsibilities of the Nominated Supervisor

- Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children (**National Regulation 77**).
- Ensure children being cared for by the service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day (**National Regulation 78(2)**).
- Ensure that, where food and beverages are supplied by the service, they are: nutritious and adequate in quantity chosen with regard to the dietary requirements of individual children.
- Ensure that, where food and beverages are provided by the service, a weekly menu that accurately describes the food and beverages to be provided is displayed at the premises in a location accessible to parents.

Responsibilities of the Educators

- Adhere to the strategies and practices of the Nutrition, Food, Beverages and Dietary Policy.



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- Ensure children's individual dietary needs are adhered to.
- Provide positive meal time experiences for children.
- Respect the individual needs and choices of children.
- Actively supervise children during meal times.
- Adhere to the services Hygiene Policy.
- Water is to be served with lunch meals.
- Where children are hungry outside of eating times, they should be provided with something small to tide over until meal time.

Responsibilities of ALL Staff handling food will:

- Ensure gloves (or food tongs) are used by all staff handling 'ready to eat' foods.
- Ensure children and staff wash and dry their hands (using soap, running water, and single use disposable towels or individual hand towels) before handling food or eating meals and snacks.
- Ensure food is stored and served at safe temperatures (below 5°C or above 60°C), with consideration to the safe eating temperature requirements of children.
- Ensure 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 food-handling staff members attend relevant training courses and pass relevant information on to the rest of the staff.

Responsibilities of the Families

- Communicate regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences.
- Contribute menu ideas and recipes.
- Read the menu in or out of the service to discuss the food that your child ate throughout the day.
- Share any concerns about your child's eating habits with the educators.

Related Statutory Obligations & Considerations

Australian Children's Education and Care Quality Authority (ACECQA)	http://www.acecqa.gov.au/
Children (Education and Care Service) National Law (NSW) 104a	https://www.legislation.nsw.gov.au/#/view/act/2010/104a/full
Department of Education	http://www.dec.nsw.gov.au/what-we-offer/regulation-and-accreditation/early-childhood-education-care



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Department of Health	http://www.health.gov.au/internet/publications/publishing.nsf/Content/nhsc-guidelines~aus-guide-healthy-eating
Early Childhood Australia	http://www.earlychildhoodaustralia.org.au/parent-resources/childrens-health-nutrition/
Early Years Learning Framework (EYLF)	http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf
Education and Care Services National Regulations	https://www.legislation.nsw.gov.au/#/view/regulation/2011/653
Get up & Grow Resource	http://www.health.gov.au/internet/main/publishing.nsf/content/phd-early-childhood-nutrition-resources
National Quality Framework (NQF)	http://acecqa.gov.au/national-quality-framework/

Related Telephone Numbers

- Early Childhood Education and Care Directorate – 1800 619 113
- NSW Health – 02 9301 9000

Amendment History

Version	Amendment	Dates
Previous OSHC created policy	Until the Adaptation of ACA policy. Previous policy of the same name May 2018	September 2020

This policy will be updated to ensure compliance with all relevant legal requirements every year. Appropriate consultation of all stakeholders (including staff and families) will be conducted on a timely basis. In accordance with Regulation 172 of the *Education and Care Services National Regulation*, families of children enrolled will be notified at least 14 days and their input considered prior to any amendment of policies and procedures that have any impact on their children or family.



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Date: September 2020
Version: 01/2020
Last Amended By: Julia Koti
Next Review: October 2021
Position: Approved Provider/Director

* This policy has been approved by NSW Health Munch n Move January 2018 *