



Nutrition/Food/Beverages / Dietary Requirements Policy

Rationale

Research has shown that one in five pre-schoolers are either overweight or obese. By the time children in NSW reach kindergarten, almost 18% are either overweight or obese. The 2007 *National Children's Nutrition and Physical Activity Survey* found that the dietary patterns of many Australian children are less than optimal with high consumption of salt and saturated fat, and low consumption of fruit and vegetables. Given that children are increasingly spending long periods of time in centre-based care, early childhood educators can role model healthy eating and encourage young children 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.

Related Policies

Handwashing and Hygiene

Medical Conditions

Goals

As St Peters Pre School is a centre where the food is brought from home our goals are to:

- role model healthy eating and activity throughout the day to all children
- support families to make healthy food choices around the food they provide for their children at preschool

Implementation

Professional development of staff and educators

- All educators will have access to the *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings*

Provision of food and drinks at the service

The Approved Provider will:

- Ensure that all children have access to safe drinking water at all times;
- Ensure that all children are offered food and beverages appropriate

☐ Education and Care Services National Regulations: 77, 78, 79, 80

☐ Links to National Quality Standard: 2.2.1, 2.2.2

to the needs of each child on a regular basis throughout the day;

- Ensure that food and beverages provided are nutritious and adequate in quantity, and take each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements;
- Ensure that the service displays an accessible menu which accurately describes the food and beverages provided by the service each day; and
- 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 to minimise risks to children being educated and cared for by the service.

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 each child on a regular basis throughout the day;
- Food and beverages provided are nutritious and adequate in quantity, in consideration of growth and development needs, any known food allergies and intolerances of specific children, and in line with recommended dietary guidelines, and will take into consideration each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements;
- The service displays an accessible menu which accurately describes the food and beverages provided by the service each day;
- The menu is diverse and will reflect the cultural backgrounds of families and the local community;
- 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
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.

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 mealtimes 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 mealtimes;
- Staff will adhere to best practices around safe storage and heating of

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Nutrition/Food/Beverages/Dietary Requirements

“Given that children are increasingly spending long periods of time in centre-based care, early childhood educators can role model healthy eating and encourage young children to make healthier food choices.”

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both expressed breast milk and formula; and

- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.
- f←The introduction of solids to babies and toddlers will be done in consultation with families and in line with recognised guidelines.

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

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Statutory Legislation & Considerations

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

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We understand that food may be provided by families for celebrations such as birthdays, but they must be in-line with the school's safe/unsafe food guidelines.

Lunches will be refrigerated and therefore, stored and served at a safe temperature (below 5 degrees centigrade).

Emergency food will always be available for children who have brought insufficient food.

Updated:

Signed:

Sources:

Staying Healthy: Preventing infectious diseases in early childhood education and care services (5th Edition) 2013

Review

This policy will be reviewed (how often)

The review will be conducted by:

- Staff
- Management committee
- Families

Links to NQS

QA 2	Standard 2.2	Element 2.2.1
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Links to Education and Care Services National Regulations 2011

Regulation 78	Food and beverages
Regulation 79	Service providing food and beverages

Last reviewed:

Date for next review: