

NUTRITION

Food provided at Settlers Farm OSHC will be nutritious and varied. Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits. Parents will be consulted and encouraged to share family and multicultural values and experiences to enrich the variety and enjoyment of food to meet children's nutritional needs. The service uses the 'Dietary Guidelines for Children and Adolescents' developed by the National Health and Medical Research Council to inform its procedures (*see appendix 7*). The service will comply with food handling practices contained in Australian Food Safety Standards.

Procedure:

- Food is prepared and stored hygienically in accordance with Australian Food Safety Standards.
- The service will provide children with balanced snacks that meet the recommended nutritional needs of children.
- Snack times will be treated as social occasions. Educators will sit with the children and interact with them to encourage good eating habits and an appreciation of a variety of foods and drinks.
- Where possible, snacks and drinks will reflect a wide variety of cultures, especially the cultural backgrounds of families within the local community.
- Food and beverages provided are nutritious, varied and of a sufficient quantity to ensure children have an appropriate amount to meet their growth and development needs.
- Where possible, fresh produce will be used.
- Children will not be served any food after 5:00pm unless as part of programmed activities.
- Menus will be planned with input from children, parents, caregivers and staff.
- Drinking water will always be available and accessible to staff and children.
- Snack and meal times will have a regular schedule.
- The service will display the term's menu.
- Children will be encouraged to try different food but will never be forced to eat - their food likes and dislikes and their family's religious and cultural beliefs regarding food will always be respected.
- Where children are on special diets, the parents/Caregiver may be asked to provide a list of suitable and unsuitable foods and their child's food preferences or to supply special food.
- The denial of food will never be used as punishment.
- Educators discuss healthy eating and nutrition as part of the program.
- Information on nutrition, food handling and storage will be displayed at the service and provided to parents.
- During vacation care and Pupil Free Days, parents/caregivers will be asked to provide their child's food and drinks, except when otherwise stated on the program.
- Breakfast will be provided at before school care, vacation care and Pupil Free Day before 8:00am.
- Children are encouraged to wash hands before eating and observe the requirements of safe food handling.
- Children are required to bring drink bottles on excursion days.
- Children will be encouraged to participate in meal/snack preparation and clean-up activities as part of the service's life skills focus.
- It is recognised that, on occasion, food and beverages supplied at the service may diverge from the guidelines for special purposes and celebrations.



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

Policy reviewed	Previous modifications	Next review date
22/03/2021	No changes	2022