



Nutrition Policy

Date adopted:

Date last reviewed:
April 2021

Reviewed by:
Board of Management, staff,
families

Date of next review:
April 2023

Policy context:

This policy relates to:

National Quality Standards.	Element 2.1.3 <i>Healthy lifestyle</i> Healthy eating and physical activity are promoted and appropriate for each child.
Legislation/Act.	Education and Care Services National Regulations 78 Food and beverages 79 Service providing food and beverages 168 Education and care service must have policies and procedures (2) Policies and procedures are required in relation to the following— (a) health and safety, including matters relating to— (i) nutrition, food and beverages, dietary requirements;

Documents related to this policy

Related policies	Allergy, Anaphylactic Policy Food Safety & Hygiene Sanitising Food Preparation Areas Hand washing Procedures Equipment Cleaning Dental Hygiene
Forms or other organisational documents	Special Dietary Needs form.
References	NSW Ministry of Health, from its publication <i>Caring for Children Birth to 5 years</i> (Food, Nutrition and Learning Experiences 2014. Pg. 26, 28, 35, 63, 89. <i>Staying Healthy in Childcare</i> 5 th Edition 2012

Policy Review:

Policy review frequency: This policy will be reviewed in accordance with the Organisations Review Policy.

Responsibility for review: The Board of Management.

Where appropriate staff will be part of the review process.

Documentation and communication: Policy documentation to be held in Policy and Procedure manuals. Where appropriate copies of new or reviewed policies will be given to staff, volunteers and families.

Goal

To provide children with a nutritionally balanced and diverse diet which encourages healthy eating and cultural awareness.

Rationale

- To meet current research and nutritional guidelines e.g. 50% of recommended dietary intake.
- To respect and meet children's/families cultural, religious and specialised dietary needs.
- To work in partnership with families in regard to implementing the nutrition policy and related practices.

Procedure

Menu/diet is formulated according to the available research and nutrition guidelines.

Evaluation of Menu

- Termly evaluation of menu against checklist attached (Director & Cook)
- Seeking feedback and suggestions from children, staff, families, management and external bodies e.g. surveys, awards.
- Review Nutrition and related policies with families, Committee and staff annually or as required.

In relation to Hygiene

- Food service areas to be cleaned and sanitised prior to/after food service preparation.
- All to wash hands prior to handling/eating food and as required.
- Floor areas swept after snacks and meals.
- Chairs wiped after every lunch.
- Children to "Swish, swish, swallow" water after lunch to address dental hygiene.

In Relation to Staff and Children

- Meal times are to be relaxed and pleasant and promote social skills such as conversations between staff/staff, staff/children and children/children.
- Staff will sit (wherever possible) with children and share mealtimes. Discussion to include taste, texture, colour of food and nutritional/cultural information e.g. "Milk helps your bones to grow strong".
- Children's self-regulation will be respected. Children are encouraged to taste foods, not forced to eat.
- Children requiring spoon feeding will require written permission to be given by parent/caregiver.
- Staff to document food intake on eat/sleep/drink chart and offer verbal feedback as required.
- Children to assist children as developmentally appropriate e.g. Collecting cups.

In Relation to Menu Planning and Presentation

- Foods to be presented in an attractive manner.
- Menu will be on display two weeks in advance accurately describing the food and beverages.
- Water will be accessible to children at all times.
- Specialised diets will be respected - additional information requested e.g. from nutritionist, doctors, or declaration by families (ask for a form).
- Nondairy diets will be offered calcium fortified soy milk or water, and other dairy free substitutes.
- Menu to reflect cultural diversity including vegetarian diet.
- Menu to highlight natural foods and seasonal produce.
- Menu to include fresh and seasonal foods.
- Foods will be low in added salt and sugar.
- High fibre products to be used.
- Children to have access to alternatives e.g. milk and bread if they are hungry between meals or exhibiting refusal.
- Centre will attempt to accommodate specialised diets. Some specific foods may have to be provided from home.

In Relation to Children/Families

- As part of the planned and spontaneous program children will learn about healthy and culturally diverse eating, nutrition, food preparation, growing.
- Self-help skills will be encouraged e.g. serving, feeding self, setting up, clearing (age appropriate).
- Children to be exposed to culturally diverse foods and serving utensils.
- Nutrition and specialist diet information to be shared with families e.g. newsletters.
- Staff and families share information about children's eating habits or issues e.g. child not eating well.
- Implement Munch 'n' Move program as a regular part of the curriculum.

In Relation to Training

- Cook to have minimum of qualifications in children's nutrition, food preparation and handling
- All staff to be encouraged to update food handling qualifications.
- Staff to be encouraged to underrate Munch 'n' Move training.

MINIMUM SERVES

<u>Vegies & Fruit</u> 2 serves of vegies daily 1 serve of fruit daily	<u>Dairy</u> 1 serves of fat reduced dairy foods per day e.g. 1 cup milk, 40g/2 slices cheese, 200g of yoghurt or 1 cup of soymilk with at least 100mg od added calcium
<u>Snacks</u> Snacks include a fruit/vegetable and bread/cereal based food	
<u>Breads, Cereals, Rice & Pasta</u> 2 serves of bread, cereal, rice or pasta per day. Whole wheat flour to be used whenever possible. High fibre varieties are included at least 4 times per fortnight	<u>Vegetarian</u> Vegetarian meals to be included 1 times per fortnight. Each meal could include eggs, cheese, lentils, and tofu. 1 fruit or vegetable is served which is high in vitamin C e.g. tomato, capsicum, cauliflower/broccoli, rock melon, kiwi fruit.

<u>Chicken/Fish/Pork/Veal</u> Lean white meat to be included 3 times per fortnight. Each meal of white meat to be accompanied by 2 other iron rich food e.g. wholemeal bread, dried fruit, milo.	<u>Meat</u> Lean red meat to be included 6 times per fortnight.

It is recommended by Health Authorities that 2 – 5 year olds have fat reduced rather than full cream milk products

Wholemeal breads will be incorporated into the menu on a daily basis.

Where possible fresh produce will be used in an attempt to minimise additives.

Specialist diets not based on cultural / medical / religious grounds may need food to be provided by families and disclaimers must be signed – see Special Dietary Needs form.

Evidence of specialist input / monitoring should be provided for allergies / intolerances or long term diets (more than 2 weeks), which contravene current nutritional guidelines.