Food, Nutrition and Beverage Policy

In accordance with Clause 68 of the Children’s Services Regulations 2004

The licensee of Medowie Community Pre School will ensure a policy is developed and maintained that:

(a) is consistent with the Food Act 2003 and the regulations under that Act and
(b) is consistent with the Dietary Guide for Children and
(c) ensures that each child provided with the service is given food and drinks that are nutritious, adequate in quantity, varied, offered at frequent intervals, appropriate to the developmental needs of the child and any special dietary needs of the child and appropriate to the culture and religion of the child
(d) provides a system for parents of a child to be given information about:

(i) the approach taken by the service to meet the nutritional needs of the child, and
(ii) the eating habits of the child, and
(e) outlines a program of nutrition education for primary contact staff covering the following matters:

(i) safe eating practices (including the eating environment),
(ii) understanding and handling eating behaviour of children (including refusal of food by children),
(iii) teaching children provided with the service about nutrition through food-related activities and
(f) outlines practices for the preparation, storage, handling and hygiene of food.
(g) Requires primary contact staff to ensure that drinking water is provided and available to children at all times while the service is being provided.

Medowie Community Preschool supports a peanut free environment including foods with nut additives.

The authorized supervisor of Medowie Community Preschool will ensure that the policy referred to in subclause (1) is practiced by each member of staff.

Relevant Procedures Where Food is Brought in From Home.

- Provide suitable information in the newsletter and on the notice board that can assist and encourage the family to provide meals and snacks that:
– Meet current standards and recommendations in relation to nutritional requirements.
– Are appropriate to the child’s age, cultural and religious background,
– Are of a variety and quantity that satisfies the child’s appetite and interests
– Are transported to centre’s within safe temperatures (less than 5°C or over 60°C)

• Provide strategies for how the centre will accommodate children with special dietary need (see Sections 5.2 Managing Children with Diabetes and 11.1 Managing Food Allergies and Anaphylaxis
• Promote drinking water for usual drinking requirements, provide safe drinking water to children and staff at all times, and ensure children have adequate fluid intake during their care. (Centres should be aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill).
• Provide feedback to parents if their child is not eating well.
• Provide a positive eating environment that helps to communicate family and multicultural values by
  – Providing multicultural resources within the educational program.
  – providing education and activities for families and children to promote healthy eating.
  – providing support for nutrition and food safety training and learning opportunities for all staff.

Additional Resources
3) Good for Kids Good for Life Recommendations

FOOD PROVIDED TO CHILDREN

GOAL
To ensure a child attending Medowie Community Preschool consumes meals and snacks that:

– Are consistent with the Dietary Guidelines for Children and Adolescents
– Meet children’s nutrition requirements
– Are in appropriate portion sizes
– Are an appropriate number of serves for children
– Are appetizing
– Are varied
– Are culturally appropriate
– Meet any special dietary needs (e.g. allergies, food intolerances)
– Do not include foods high in fat, salt or sugar
– Do not included sweetened drinks (e.g. soft drink, juice, cordial etc)
STRATEGIES

- The service will ensure that children are provided with one main meal and one snack.
- The service will recommend whilst in care children are provided with:
  - 1 ‘child size’ serve of meat or meat alternatives
  - At least 1 ‘child size’ serves of vegetables (up to 2 serves for those aged 3 years and over)
  - 1 ‘child size’ serve of fruit
  - 2 ‘child size’ serves of dairy
  - At least 2 ‘child size’ serves of bread, cereals, rice, pasta or noodles (up to 3 serves for those aged 3 years and over).
- The service will ensure that whilst in care children are provided with plain milk and water only to drink. Water will be available to children at all times. The service will recommend that whilst in care children are not provided with foods high in fat, sugar and/or salt.
- The services lunchbox recommendations will be developed using the Good for Kids Lunchbox Recommendation Checklist. The service will ensure that families are given a copy of the lunchbox recommendations (this includes types, number of serves, appropriate portion sizes). Food that is provided by families that does not meet the recommendations will be sent home.
- The service will ensure that families of children on special diets provide specific details of food needed.

MEAL TIMES AND THE EATING ENVIRONMENT

GOAL
To provide a meal time environment that assists the transmission of family and multicultural values.

STRATEGIES

- The service will ensure children sit in small groups at mealtimes.
- The service will ensure food is not used as a punishment (by providing or denying a certain food) or reward.
- The service will ensure cultural differences are acknowledged and celebrated.
- The service will ensure culturally appropriate foods are used to celebrate special occasions.
- The service will ensure that meal times are relaxed and pleasant and time to meet the needs of the children.

CURRICULUM, TEACHING AND LEARNING

GOAL
To provide learning experiences for children about food and nutrition both opportunistically and throughout their program.
STRATEGIES

- The service will ensure food and nutrition learning experiences are planned consistently throughout the program.
- The service will ensure staff model appropriate food behaviours.
- The service will ensure that staff routinely identify opportunities for education and continually promote appropriate food and nutrition messages.
- The service will ensure all staff members have appropriate knowledge and skills in the area of food and nutrition.
- The service will encourage children to be independent and develop social skills at meal times.

PARTNERSHIPS WITH FAMILIES

GOAL
To inform all families of the services’ nutrition policies and practices.

STRATEGIES

- The service will ensure families are provided with a copy of the nutrition policy.
- The service will ensure families are provided with a copy of the menu/lunchbox recommendations.
- The service will ensure families are provided with frequent updates on the food and nutrition learning experiences being provided to children.

GOAL
To engage parents in the development, implementation and evaluation of food and nutrition policies and practices.

STRATEGIES

- The service will ensure families are invited to be involved in developing, implementing and evaluating the service’s nutrition policy.

GOAL
To educate families about food and nutrition, both opportunistically and through the program.

STRATEGIES

- The service will ensure staff members identify and utilize opportunities to informally educate families about food and nutrition.
- The service will ensure families are provided with educational materials linked to the programmed food and nutrition learning experiences.
• The service will ensure families are educated about the service nutrition policy and lunchbox recommendations/menu changes.
• The service will identify and act on the need for further education of families regarding the services food and nutrition practices.

EVALUATION

GOAL
To evaluate the services’ practice in the area of nutrition.

STRATEGIES
• The service will ensure that all food and nutrition practices are evaluated. This includes:
  o Food provided to children by the service
  o Food provided to children by families
  o Food & Nutrition Learning Experiences
• The service will revise and evaluate the policy regularly.
• The service will ensure that all evaluation takes into consideration the following:
  o Staff feedback
  o Parent feedback
  o Child feedback and/or observation
  o Whether the practice had the intended effect (e.g. have children’s lunchboxes improved? Is the menu meeting nutrition requirements?)

MENU PLANNING

STRATEGIES
• The service will use the Good for Kids Menu Planning Checklist for services where parents provide some meals to write the menu and lunchbox recommendations. This will ensure children’s nutrition requirements are being met. The service will ensure that families are given a copy of the services lunchbox recommendations (this includes types, number of serves, appropriate portion sizes.) Food that is provided by families that does not meet the recommendations will be sent home.
• Our service will have extra supplies of healthy snacks if a child requires it.
• The service will ensure that families of children on special diets provide specific details of the foods needed.
FOOD SAFETY

GOAL
To ensure children consume food that has been prepared, stored and/or served in a safe and hygienic manner and that hygiene practices are promoted.

STRATEGIES
- The service will ensure that all children place their lunch boxes in the refrigerator provided by the service.
- The service will ensure that all children and staff members wash their hands before preparing, serving or consuming food.
- The service will ensure that children avoid handling other children’s food or drinks.
- The service will ensure that staff members preparing or serving food follow safe food practices including:
  - Food being stored and served at safe temperatures (below 5ºC or above 65ºC)
  - Raw foods (e.g. meat) will not come in contact with ready to eat foods (e.g. vegetables and fruit) as hands will be washed between exposure and separate chopping boards and utensils will be used.
  - Gloves will be worn when serving food to children.

Review
The policy will be reviewed annually.

The review will be conducted by: Management – Employees - Families - Interested Parties

Last reviewed: May 2013 Date for next review: May 2014

- Nominated Supervisor: ________________________________

- President, Management Committee: ____________________________

- Vice President, Management Committee: ________________________

- Secretary, Management Committee: ____________________________
- Treasurer, Management Committee: ____________________________
Use this checklist to plan or review your lunchbox recommendations if you are open for less than 8 hours and families provide all meals. The number of serves recommended is required to meet the nutritional needs of children in care. You must meet each criteria for your lunchbox to be meeting children's nutrition requirements when in care. You should only recommend the exact number of serves for that food group (i.e. no less, no more).

**Lunchbox recommendations for families with children in care:**

1 main meal
1 snack
1 child size serve of lean meat or meat alternatives
1 child size serve of vegetables for children less than 3 years and up to 2 child size serves of vegetables for children 3 years and over.
1 child size serve of fruit
2 child size serves of dairy (reduced fat milk suggested for children over 2 yrs of age)
2 child size serves of bread, cereals, rice, pasta or noodles for children less than 3 years and 3 child size serves of breads, cereals, rice, pasta or noodles for children 3 years and over.
Water as a drink.
No foods or drinks that are high in fat, sugar or salt eg: frankfurts,
Packaged foods which include:-
roll ups, LCM bars, fruit sticks, pies, Yogo’s, fruit stringers
Home cooked snacks are acceptable as long as healthy ingredients are included.