



## **Nutrition and Food Safety Policy**

### **Quality Area 2: Children's health and safety**

**Standard 2.1** Each child's health is promoted.

**Standard 2.2** Healthy eating and physical activity are embedded in the program for children.

**Standard 2.3** Each child is protected.

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Food and nutrition play an important role in the healthy development of a young child. Children will consume only food that is healthy and has nutritional value whilst care is being provided at the Service.

Meal and snack times will provide positive learning experiences for children who will be encouraged to develop healthy eating habits. Parents/Guardians will be consulted and asked to share family and multicultural values and experiences to enrich the variety and enjoyment of food planned to meet each child's daily nutritional needs.

Nurture and Nature will follow recommended safe food storage and preparation guidelines contained within our Food Safety Program to ensure children's protection from food borne illness.

### **Compliance:**

- Notify the Health Department that the service is operating as a food business in accordance with FSANZ Food Safety Code, Part 3.2. This applies to any childcare service, which supplies any food including snacks and drinks such as biscuits, milk, juice or cordial.
- Ensure that the Service incorporates the Federal Government's nutrition and physical activity guidelines from the "Get Up and Grow" initiative:
- Staff will be trained in all areas of food handling and safety in accordance to the Food Safety Program.
- Educators and volunteers will role model healthy eating behaviours and practices

### **Food and drink is supplied according to the Regulations by:**

- Ensuring that food and drink provided to children at the premises of the service is consistent with the Federal Government Recommendations for Services.
- Ensuring drinking water is provided and available to children at all times
- Ensuring that each child at the service is provided with food and drinks that are nutritious, adequate in quantity, varied, offered at frequent intervals and appropriate to the developmental needs of the child  
Ensuring that information is readily accessible to parents of children enrolled at the service outlining the approach taken to meet the nutritional needs of children including each child's special dietary needs, culture and religion
- Ensuring that a menu which outlines the food to be provided each day during each weekly period is prominently displayed in a place visible to parents

**For children's services where food is provided - a written menu will be displayed in line with the Regulation that addresses:**

- The morning and afternoon tea menu will be nutritious and will accurately describe the food and beverages to be provided each day. Wherever possible fresh seasonally available produce, which is free of preserves and additives, will be used.
- Snacks will be appetising and provide variety in colour, texture and taste.
- Snack and meal times will be set to a regular schedule but individual needs will be accommodated and children who are still hungry will be offered small nutritionally appropriate snacks.
- Children will not be required to eat food they do not like, or eat more than they want. Suitable alternatives will be offered.
- The provision or denial of food will never be used as a form of punishment.
- The importance of good healthy food, and hygienic, safe food handling and storage practices will be discussed with children as part of their daily program.
- All children and educators/staff will wash their hands with soap and running water and dry well prior to preparing, serving or eating food.
- Provide education and activities for families and children that promote healthy eating by: Conducting 'hands on' activities that reflect the diversity of culturally and linguistically diverse families, eg using chopsticks
- Advise parents on the minimum quantities of food that need to be provided to children while in care, needs of children 2 – 5 years old need to be specified
- 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
- Staff members are aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill
- No nuts or eggs are permitted in the Service to protect children with life threatening allergies. Parents/guardians must inform the Service of any allergies their child has and measures will be made in conjunction with the parent/guardian to ensure the safety of the child in regard to the particular allergies
- Children with allergies will be recognised by the list located in the [classroom and kitchen area](#). The children should be placed at the same table with an Educator present at all times to monitor closely
- Parents or persons responsible for the child are to provide a nutritious packed lunch for their child. The [fridge in the kitchen](#) is available to store lunchboxes that contain perishable foods; however, the lunch box or any loose items must be labelled with the child's full name
- A list of acceptable foods recommended by the service will be provided to all families upon enrolling their child.
- Any food that is not consumed and requires specialised storage e.g. refrigeration, will be disposed of in the interest of food safety.

**General:**

- *Staff will be available to cut fruit for children but not peel it. Children will be encouraged to eat fruit without it being cut. Gloves will be worn by staff handling children's food and it will be cut on a chopping board*
- No unhealthy treats are to be provided, a list of acceptable foods will be provided to all families.
- Parents or person's responsible for the child are to advise staff of any dietary needs or allergies which will be written on the [allergies chart, displayed in the classrooms and kitchen](#) to ensure that all staff are advised of these needs
- All milk products will be stored on the top shelf in the refrigerator to ensure constant temperatures
- An apron will be worn at all times when preparing food to ensure that cross contamination from clothes to food is avoided
- Refrigerator temperatures will be monitored daily to ensure that the temperature is between 0-5 Degrees Celsius to maintain a healthy environment for the storage of all food products

This policy was made with consideration to Health & Safety in Children's Centres; Model Policies & Practices, Education and Care Services National Regulations and Staying Healthy in Child Care 5th edition.

[www.nhmrc.gov.au](http://www.nhmrc.gov.au).

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-index.htm>

Date that the policy was last updated or revised: April 2016

Signature of Nominated Supervisor: \_\_\_\_\_

Nurture and Nature Private Preschool