

# Outside School Hours Care

## Nutrition, Food & Beverage Dietary Requirements Policy

### Quality Area 2: Children's Health and Safety

#### Rationale:

Seville Primary School Out of School Hours Care Service recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in their care, as well as the important role in supporting families in healthy eating.

This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

#### Aims:

- Seville Primary School Out of School Hours Care Service aims to promote children's wellbeing by providing good nutrition and endorsing a healthy lifestyle which works in accordance with the Australian Guide to Healthy Eating and the Australian Dietary Guidelines.
- We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promote lifelong learning for children.

#### Policy Statement:

##### Scope

This policy applies to children, families, staff, and management of the service.

##### Implementation

Seville Primary School Out of School Hours Care Service has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by the Service or families will endeavour to be consistent with the Australian Dietary Guidelines.

Meal times reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour, by sharing a small amount of the food on offer with the children. This assists in creating a positive and enjoyable eating environment.

Food will be prepared in accordance with the Food Safety Program. All kitchens and food preparation areas shall comply with Food Standards Australia and New Zealand. (FSANZ)

##### **Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.**

- Where food is provided by the service Seville Primary School Out of School Hours Care Service will provide children with a wide variety of healthy and nutritious foods for meals and snacks

including fruit and vegetables, wholegrain cereal products, dairy products, lean meats and alternatives.

- Plan healthy snacks on the menu to complement what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.
- Vary the snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas.
- Ensure water is readily available for children to drink throughout the day.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- Ensure young children do not have access to foods that may cause choking. Ensure all children remain seated while eating and drinking.
- Ensure all children are always supervised children while eating and drinking.
- Encourage and provide opportunities for staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government “eat for health” calculator <http://www.eatforhealth.gov.au/eat-health-calculators>.
- Display the snack menu in an accessible and prominent area for parents to view. Display nutritional information for families and keep them regularly updated.
- Ensure food is presently attractively.
- Ensure age and developmentally appropriately utensils and furniture will be provided for each child.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Not allow the children to be force fed without being required to eat food they do not like or more than they want to eat.

***Management/Nominated Supervisor/Educators will:***

- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Talk to families about their child’s food intake and voice any concerns about their child’s eating.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes.
- Storing, preparing and serving food in a hygienic manner promoting hygienic food practices.

***Seville Primary School Out of School Hours Care Service will:***

- Ensure that gloves (or food tongs) are used by all staff handling ‘ready to eat’ foods
- Ensure that children and staff wash and dry their hands (using soap, running water and single use or disposable towels) before handling food or eating meals and snacks.
- Ensure that food is stored and served at safe temperatures i.e. below 5oC or above 60oC.
- Separate cutting boards are used for raw meat and chicken, fruit and vegetables and utensils and hands are washed before touching other foods.
- Discourage children from handling other children’s food and utensils.
- Ensure that staff members attend relevant food handling training courses and pass relevant information onto the rest of the staff.

**Creating a positive learning environment**

***Seville Primary School Out of School Hours Care Service will:***

- Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at snack times where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Respect each child’s appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.

- Encourage children to try different foods, but not force them to eat.
- Not use food as a reward or withhold food from children for disciplinary purposes.

## **Service Program**

### ***Seville Primary School Out of School Hours Care Service will:***

- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating.
- Encourage children to participate in a variety of 'hands-on' food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.

## **Communicating with families**

### ***Seville Primary School Out of School Hours Care Service will:***

- Provide a copy of the Nutrition Policy to all families upon orientation at the Service.
- Provide families with opportunities to contribute to the review and development of the policy.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.

## **Additional and Relevant Documents:**

- Australian Children's Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- Guide to the National Quality Standard. Early Years Learning Framework
- Food Standards Australia New Zealand
- Safe Food Australia, 2nd Edition. January 2001
- Food Safety Standards for Australia 2001
- Food Standards Australia and New Zealand Act 1991
- Food Standards Australia New Zealand Regulations 1994
- Food Act 2003
- Food Regulation 2004
- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2011

## **Policy evaluation and review**

This policy will be reviewed as part of the School's three-year review cycle

**This policy was ratified by School Council in 2021.**

**This policy will be reviewed by School Council in 2023.**