

## **Nutrition and Food Safety**

### **Purpose**

EY@PP is committed to ensuring that children in care are provided with safe foods and a portion of their daily nutritional requirements. It is understood that providing meals for young children is not simply about meeting their daily nutritional requirements as it is to provide children with routines, social and eating experiences, development of self-help skills and sound hygiene practices. Meal times are seen as an important component of the daily programme and are used to maximise children's learning opportunities.

### **Procedure**

- Staff will provide education to children and their parents/guardians about healthy food and healthy eating habits through posters, displays, handouts and discussions.
- Meal areas will be set up in a way that is attractive, inviting and pleasant to encourage social learning and positive interaction.
- The Australian National Dietary Guidelines are sourced to ensure meals served to children include the nutritional and dietary requirement appropriate for their age group.
- Meals are presented by the kitchen staff in an attractive and inviting way.
- Communicate with parents about their child's food intake will be made available through menu display, and white boards in rooms
- Flexible approach to serving and consuming food for children attending the service will be maintained.
- Meals will be timed to meet children needs and a relaxed pleasant atmosphere will be maintained.
- The kitchen staff will provide individual meals for children with individual requests, allergies, and special dietary needs
- The centre will comply with all legislative requirements.
- Staff will familiarize themselves with the Food Safety Program and will ensure the practises are maintained at a high level.
- A high level of hygiene standards must be maintained at all times.
- Appropriate behaviour management will be implemented during meal times and food will not be used as a form of a rewards, bribe or punishment.
- Staff will sit with the children at the lunch table and independence skills and social interactions will be encouraged through conversation.
- Staff may have a small serve of the lunch to model appropriate behaviour and to encourage children to eat. But they need to remember that the food is prepared for the children.

- Food will be provided in servings that are appropriate to the children's changing dietary needs and eating ability.
- Nutritional educations, appropriate for the age of the children, will be incorporated into the curriculum.
- Individual water bottles will be made available throughout the day and offered to all children at regular intervals. Cooled boiled water offered to infants.
- Morning and afternoon teas are held in an informal manner where children may choose when to partake.
- Each meal is accompanied with water and children encouraged to drink water after meals
- Parents will inform staff of any foods their child is not able to eat for any reason by adding the relevant information to the child's enrolment form and advising staff on any changes to this requirement.
- Children are only allowed to bring food into the centre when they are enrolled in the sessional kinder programs (Room 7).
- All other rooms the children's food is provided.
- Under no circumstances are children allowed to bring in any nut products into the centre. As we have a number of children who have allergies to these product that are life threatening.
- Food safety audits are undertaken in accordance with legislation.
- The head cook holds a Certificate in Safe Food Handling.
- The service has a Food Safety Supervisor as required by the Food Act
- The service has a Food Safety Program that is adhered to.
- The service has an audit of the food safety program annually. The certificate is displayed in the foyer

**Mealtimes – Sessional Kindergarten Room 7 only.**

- Parents are responsible for supplying snack and lunches and are encouraged to supply healthy and nutritious food.
- Parents wishing to share their child's birthday with the group may like to bring in cupcakes or mini muffins for the occasion. Please advise staff in advance and provide a list of ingredients included.
- Parents are asked not to provide foods containing nuts or nut products (e.g. Nutella and peanut butter) as they may cause life-threatening anaphylaxis to other children.

## Related Policies

- ❖ Anaphylaxis Management
- ❖ Infant Feeding
- ❖ Enrolment and orientation
- ❖ Supervision
- ❖ Safety
- ❖ Child Safe Environment
- ❖ Hygiene
- ❖ Interaction with children
- ❖ Manual Handling.

## Sources:

Education and Care Services National Regulations

Reg.: 78,79,80.

National Quality Standards:

Quality Area 2- Children's Health and safety. Standard 2.2 Element 2.2.1

Australian Dietary Guidelines 2013

Food Act

Food Safety Standards

---

**Created:** August 2011

**Reviewed:** June 2017

---

