



**Coowarra Out Of School Hours  
Care Service Inc**

## **Nutrition Policy**

### **POLICY STATEMENT**

Coowarra OOSH believes that good nutrition is essential for a child's healthy growth and development. For this reason the service will provide nutritious, good quality food consistent with the *Dietary Guidelines for Children and Young People in Australia*.

We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks ( "*My Time, Our Place*" 1.1). All food served at the service will be consistent with the child's own dietary requirements, and take into consideration the children's like and dislikes as well as meet any cultural requirements of families ("*My Time, Our Place*" 3.2).

High standards of hygiene will be maintained throughout all food preparation. We will encourage the development of the children's good eating habits through the modelling and reinforcing of healthy eating and nutrition practices by Educators. Parents will be encouraged to share family recipes and traditions to enrich the variety and enjoyment of food by the children and support the children's development of respect for and understanding of diversity ("*My Time, Our Place*" 1.3).

Where possible we will seek out opportunities to learn about growing our own food and collaborate with children to produce our own opportunities to use food we have grown ourselves in our menu planning ("*My Time, Our Place*" 3.4).

### **PROCEDURES**

A menu developed using the principles set out in the Australian Dietary Guidelines for Children and Adolescents, will be on display for families and children. The menu will be an accurate representation of food and drink that is being served. The children will have input into creating the menu.

All children's individual needs such as allergies, cultural requirements, and health needs etc will be addressed in the menus and parent/guardians advised if they will be required to supply specific foods for their child.

Food and drink consistent with the menu will be provided for morning and afternoon tea as well as small nutritious snacks available as necessary.

Fresh drinking water will be available at all times for the children and Educators.



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During Vacation Care, parent/guardians will be asked to provide their child's lunch and drinks, unless otherwise stated on the program. No menu will be required where food and drink is not provided by the service.

Children should be seated while eating or drinking.

Children and parent/guardians will be encouraged to share family and cultural traditions, ideas and recipes to contribute to the menu.

Education of healthy eating habits will be developed through ongoing example, specific activities, notices, posters and information sheets to parents/guardians.

The denial of food will never be used as a punishment.

Containers are to be cleaned and stored appropriately.

Children's cooking activities will be encouraged to develop life skills. At all times safe and hygienic practices will be followed as per the service hygiene policy.

Coowarra is a nut free centre so no foods containing nuts are permitted at the centre by children or Educators, if a child or educator brings food with nuts they will be offered a substitute for lunch.

Educators are required to attend regular professional development on nutrition and food safety practices and document changes to practice as a result.

Educators will ensure they handle and store food according to the Food Safety Policy

Food and beverages provided are varied, nutritious and adequate in quantity to suit the child's growth, development, religion or cultural beliefs and dietary requirements.

A list of the children's allergies and food restrictions will be displayed in an area accessible to all staff.

Breakfast will be provided for children between 7:00am and 8.00am.

Educators will ensure they are positive role models and their packed lunches and food from home, consumed in front of the children, is nutritious and has minimum processed, sugary foods.

Children are encouraged to eat their food; however they will not force them to eat.



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Where food and drink are not provided, no menu will be required.

Parents/Guardians will be:

- Involved in developing their child's Risk Minimisation Plans for allergies and intolerances  
 Aware we provide the following meals  
     Before School care – Breakfast.  
     After School Care – Afternoon Tea.  
     Vacation Care – Breakfast
- Informed they will need to provide Morning Tea and Lunch for Vacation Care, unless stated on the Program.
- Required to provide adequate food/drinks to sustain their child's needs throughout the day.
- provided with information on the types of foods and drinks recommended for children and suitable for children's lunchboxes as per Australian Dietary Guidelines.
- Encouraged to share family and cultural practices on their Enrolment and through surveys and feedback. This will be acknowledged and addressed in the provision of Programmed cooking activities and the Daily Menu.

#### CONSIDERATIONS

Education and Care Services National Regulations	National Quality Standard	Other Service policies/documentation
Food and beverages (78)  Service4 providing food and beverage (79)  Weekly menu (80)	Standard 2.2 Element 2.2.1 "	<ul style="list-style-type: none"> <li>- Australian Dietary Guidelines for children and adolescents.</li> <li>- National <i>Food Standards Code</i> (FSANZ)</li> <li>- Food act 2003 (NSW)</li> <li>- Food regulation 2010 (NSW)</li> <li>- Hygiene policy</li> <li>- Medical conditions policy</li> <li>- Food Safety Policy</li> </ul>

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