

# Food and Nutrition Policy

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## Aim

Our centre aims to provide children with food and nutrition that is supported by national dietary guidelines. We also aim to support and provide adequately for children with food allergies or specific cultural practices. This dietary information will also be provided to families so they can plan a child's home meals.

## Implementation

Our centre holds great responsibility to help children and their families develop good food habits and attitudes.

In order to achieve these habits and attitudes, our centre will:

- Provide a menu based on the Australia Dietary Guidelines.
- Cater to individual children's needs whether they be cultural, lifestyle-based or medical.
- Present food attractively.
- Develop awareness and act to the best of our abilities on cross-cultural eating patterns and related food values.
- Provide food that is hygienically sound and has a reduced risk of choking.
- Make meal times as relaxed and pleasant and timed to meet the needs of the children.
- Discuss food and nutrition with the children.
- 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.
- Encourage children to be independent and develop social skills at meal times.
- 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.
- Display the centre's menu.
- Provide fresh drinking water at all times of the day and ensure that a child's liquid intake is adequate.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes.
- Encourage Educators to present themselves as role models.
- Provide nutrition and food safety training opportunities for all Educators.

## Legislative Requirements

- Education and Care services National Law Act 2011
- Australian Children's Education & Care Quality Authority
- Food Act 2001
- Occupational Health & Safety Act 1989,

## Who is affected by this policy?

- Children and Families
- Educators and Management

## Sources and further reading:

- Education and Care services National Law Act 2011
- Australian Children's Education & Care Quality Authority
- Food Act 2001
- Health and Safety in Children's Services: Model Policies & Practices 2003
- Caring for Children – Food, Nutrition and Fun Activities, 4th Edition 2006

*Review: This policy will be reviewed annually. The review will be conducted by:*

- *Management and Employees*
- *Interested Parties (Including Families, NSW Early Childhood Education and Care Directorate Department of Education and communities, ACECQA etc.*

*Last Reviewed: January 2020*