

Nutrition, Food and Beverages

Rationale

Fleurieu Occasional Community Children's Centre supports an approach to health and nutrition which includes strict hygiene practices in the centre and encouraging the provision of healthy food by families for their children. The education and care service understands that it has a duty of care to ensure that food is stored safely within the service.

Legislation and Government Requirements

Federal and State Health and Food Hygiene Legislation

Education and Care Services National Law Act 2010 (Vic)

Education and Care Services National Regulations

Policy Statement

Our service does not provide meals, however, we encourage families to provide food for their children each day which meets their daily dietary requirements, having regard to culture and religious practices. Families will be encouraged to follow current recommendations from recognised authorities.

Food will be stored and served hygienically. Educators follow the procedures set out in Australian government Healthy Eating and Physical Activity Guidelines for Early Childhood Settings for safe storage and heating of food and drink.

Strategies for Policy Implementation

- Our service will ensure that it meets all requirements for food handling sent down by relevant state food hygiene and safety legislation.
- Snacks and meal times will be treated as social occasions. Educators will sit with children and interact with them to encourage healthy eating habits.
- Children will be assisted as required but self help skills will be encouraged as appropriate.
- Snack and Mealtimes will be at a regular schedule but individual requirements and needs will be accommodated.
- Good hygiene practices will be promoted and encouraged with children.
- All children, staff and educators will wash their hands with soap and running water and dry well prior to preparing and handling food.

- Our centre will offer the children a variety of fruit at Morning Tea which the parents bring into the centre. The fruit is shared.
- Staff must wear gloves at all times when handling food. The fruit is cut into bite sized pieces, and the skin is removed from apples.
- Children are encouraged to use tongs to serve themselves onto individual plates.
- Children are also encouraged to try a variety of fruit.
- Babies fruit should be suitable for the individual child and easily digested or chewed.
- Water is available to children at all times with a large water cooler accessible for children to help themselves to water. Parents can also bring in juice or other healthy drinks in named drink bottles but please remember that water is the drink of choice for children. It is vital in relieving the thirst and also cleans the teeth. These drinks will be offered at Morning and Afternoon Tea and Lunchtimes to avoid cross infection and handling by other children.
- Mealtimes are encouraged to be social times with staff members sitting with children while they eat. The older children are also encouraged to develop their self-help skills by assisting staff giving out lunch boxes and packing away their own lunch boxes and drink bottles wherever possible.
- Children with special dietary requirements are required to have a letter from their doctor outlining their specific requirements.
- Our centre requires food to be stored in the fridge at all times to ensure the risk of contamination is minimal.
- Bottles brought in from home are required to be stored in the fridge and heated according to Healthy Eating Guidelines to avoid safety concerns.
- Bottles that are required to be prepared by staff are to be made according to the instructions on the formula can.
- Our centre is a **NUT FREE** zone. We encourage parents to check the labels of the food they are providing for their children to check for traces of nuts. We also ask that foods such as crunchy muesli bars, raw carrots, popcorn, mini ritz biscuits and any other foods that could be considered choking hazards are not included in children's lunch boxes.
- Our centre will provide a Birthday Cake for children on request for a cost of \$5.00 for a mud cake or \$10.00 for an ice cream cake, which will be bought from a supermarket such as Coles.
- The service will liaise with Dental Health Service to encourage good dental health practices

Feeding Babies

- Our Centre supports families in their choice of either breast or bottle feeding.

- Mothers wanting to breast feed are welcome to come into the centre when necessary and feed their baby. The safe storage and heating of breast milk will be adhered to.
- Educators will document bottle feeding amounts
- Introducing foods to babies will be done in consultation with families
- Careful consideration will be taken for foods that are considered choking hazards and will not be given to children.
- Babies being bottle fed will need to bring bottles, milk or formula with them. (see bottle preparation)
- Babies are always feed individually by educators

Lunch box Suggestions

A list of suggested food items for inclusion in children's lunch boxes is available for parents have some ideas to choose from. Please note that lunches need to be cooked and prepared at home. We can only heat meals not cook them at our Centre.

We ask that families do not provide caffeine or soft drinks for their children while in our care at the centre. (including coffee or flavoured milks and soft drink) We also ask that fast food such as McDonalds be consumed before coming into the centre.

Ideas for Lunch Boxes

BREADS & CEREALS

- SANDWICHES/PITA/LEBANESE BREAD
- PASTA & RICE
- DRY BISCUITS (EG SALADA, RYVITA)
- SAVOURY RUSKS
- SUGAR FREE BREAKFAST CEREAL
- SCONES

PROTEIN

- LEAN MEAT (TURKEY, CHICKEN, BEEF)
- TUNA & SALMON
- CHEESE (RICOTTA, COTTAGE, CHEDDAR)
- EGGS (HARD BOILED, OMELETTE)
- YOGHURT
- LEGUMES (BAKED BEANS, LENTILS)

DAIRY

PLEASE NOTE: FULL CREAM UNER 2

- YOGHURT

- CHEESE
- MILK (NOT FLAVOURED)

FRUIT & VEGETABLES

- FRESH FRUIT
- DRIED FRUIT
- VEGETABLES SOUPS
- VEGETABLE PATTIES
- SALAD VEGETABLES (LETTUCE, TOMATO – NO CARROT UNLESS GRATED OR COOKED)
- AVACADO
- TIN FRUIT IN NATURAL JUICE
- SNOW PEAS

SANDWICH AND ROLL FILLING SUGGESTIONS

- SALAD FILLINGS
- CHEESE AND CHEESE SPREADS
- COLD MEATS – BEEF, CHICKEN, HAM
- EGG
- AVOCADO
- TUNA
- SALMON
- VEGEMITE, PROMITE, MARMITE

DANGEROUS FOODS HEALTH WARNING

RAW CARROT IS NOT ALLOWED AT THE CENTRE IT CAUSES CHOKING IN BABIES AND YOUNG CHILDREN.

APPLE IS NOT ALLOWED FOR BABIES UNDER TWO YEARS OF AGE. APPLES MUST BE COOKED FOR BABIES UNDER TWO YEARS OF AGE.

POPCORN AND CORN CHIPS ARE NOT SAFE FOODS FOR CHILDREN UNDER 5 YEARS OF AGE AS THEY FRACTURE AND ARE EASILY INHALED.

PLEASE NOTE OUR NUT FREE POLICY.

PEANUT BUTTER AND NUTELLA ARE NOT TO BE INCLUDED IN LUNCH BOXES. PLEASE CHECK LABELS OF PROCESSED FOOD AND DO NOT PACK ANY ITEMS WITH NUTS LISTED ON INGREDIENTS.

Links to other policies

- Diversity and inclusion
- Health Hygiene and Infection Control

- Maintenance of a Safe Environment
- Medication and Medical Conditions
- Supervision
-

Sources

Australian government Healthy Eating and Physical Activity Guidelines for Early Childhood Settings 2011

The Australian Healthy Eating Guide 2011

Healthy Kids Website

Review Date

Updated 30.3.12

Updated 16.1.16

Review Date 16.1.18

Kirsty Hurrell

Director