

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 1 of 6

		<b>EASTWOOD HEIGHTS OOSH POLICY</b>		
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 1.2	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 1 of 6	
<b>Written By</b> Nominated Supervisor	<b>Reviewed By</b> EHOOSH Management committee	<b>Approved By</b> EHOOSH Management committee	<b>Supersedes</b> Version 1.1	<b>Effective Date</b> March 2021

## Eastwood Heights OOSH

## Food and Nutrition Policy

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 2 of 6

## Table of Contents

<b>Table of Contents</b> .....	2
1. POLICY STATEMENT .....	3
2. PROCEDURES .....	3
3. ROLES AND RESPONSIBILITIES .....	5
4. REFERENCES.....	6
4.1 Statutory authority.....	6
4.2 Service policies .....	6
4.3 National frameworks.....	6
4.4 Further references .....	6

<b>Revision Chronology:</b>		
Version Number	Date	Reason for Change
1.0	24/10/2018	Endorsed by OOSH executive committee
1.1	1/2/2021	Review and evaluation
1.2	14/2/2021	Edited and reviewed
2.0		

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 3 of 6

## 1. POLICY STATEMENT

At Eastwood Heights OOSH (the Service) we believe that good nutrition is essential for a child's healthy growth and development. We provide nutritious, good quality food consistent with the *Australian Dietary Guidelines*. Good nutrition is essential to healthy living and enables children to be active and attentive participants in their educational, sporting and leisure pursuits.

We will provide opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children. We engage children in experiences, conversations and routines that promote healthy lifestyles as we believe learning about healthy lifestyles, including nutrition and physical fitness, is integral to their well-being and self-confidence.

Learning about healthy lifestyles underpins everyday routines and experiences. We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks ("My Time, Our Place", Outcome 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 likes and dislikes as well as meet any cultural requirements of families ("My Time, Our Place", Outcome 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 their development of respect for and understanding of diversity ("My Time, Our Place", Outcome 1.3). We will seek out opportunities to learn about growing our own food and collaborate with children about how to use the food we have grown ourselves in our menu planning ("My Time, Our Place", Outcome 3.4).

## 2. PROCEDURES

A menu developed using the principles set out in the *Eat Play Smart* and the Australian Dietary Guidelines will be on display for families and children. The displayed menu will be an accurate representation of the food and drink that is being served.

All children's individual needs, such as allergies, cultural requirements, health needs, etc will be addressed when planning menus. We ensure any specific cultural, religious or health requirements are met.

If a child has a medical condition, families will need to develop a Medical Risk Minimisation Plan with the service on enrolment. We recognise that children's health needs often change over time, so these plans will be updated yearly in consultation with families. An Action Plan will need to be provided to the service and should include the child's photograph, documented confirmed allergens, parent and medical practitioner contact details as well as first aid response including any prescribed medications. These need to be kept updated and staff and educators need to know where they are located. Where appropriate other children at the service, should be made aware of the serious consequences of accidental exposure.

No nuts or products containing nuts are to be brought into the service at any time by educators, staff, volunteers, children or family members. Allergens that children are anaphylactic or allergic to will be eliminated from the menu when feasible. In cases where this is not possible, (e.g. dairy) staff

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> <b>Food and Nutrition Policy</b>	<b>PAGE</b> Page 4 of 6

will follow procedures to ensure that no allergens are given to the child who is allergic or anaphylactic.

This includes

- A list of all children's allergies or food restrictions that are kept near the food preparation area. These lists are checked prior to food being prepared and served.
- Alternative food is prepared separately and served to children who are allergic or anaphylactic to an allergen that cannot be eliminated from the menu.

Educators will work closely with children and families to ensure information documented on the Medical Risk Minimisation Plan is adhered to and followed each session.

The Service will also adopt the following general practices:

- Fresh drinking water will be available at all times for the children, educators, staff, and volunteers. Milk and water are the only drinks provided.
- Fresh fruit will be provided every afternoon.
- Food with additives will be limited as will foods high in sugar, fat and sodium.
- Children's cooking activities will be encouraged to develop life skills and development of healthy eating habits. Opportunities will be provided for children to engage in discovery learning and discussion about healthy food and drink choices.
- A vegetable garden growing edible plants will be maintained by OOSH staff and children, this allows children to learn about food awareness and food origins.
- Children are encouraged to participate in a variety of 'hands-on' cooking activities to develop life skills.
- At all times safe and hygienic practices will be followed as per the Service's Hygiene and Infection Control Policy.
- Educators are required to attend regular professional development on nutrition and food safety practices.

Where food is brought from home

- Lunch boxes will be checked for allergens not permitted in the service.
- We will provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- We encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese, before eating any less nutritious food provided.
- We discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips.


Provide a positive eating environment

- We 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.
- We will create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- We will not use food as a reward or withhold food from children for disciplinary purposes.

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 5 of 6

### 3. ROLES AND RESPONSIBILITIES

Approved Provider	<ul style="list-style-type: none"> <li>• Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2010</li> <li>• Allocate finances for training and food safety</li> <li>• Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required</li> <li>• Ensure that the service implements adequate health practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service</li> </ul>
Nominated Supervisor	<ul style="list-style-type: none"> <li>• Ensure adequate health practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children.</li> <li>• Ensure children being cared for by the service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day.</li> <li>• Ensure that, where food and drinks are supplied by the service, they are: <ul style="list-style-type: none"> <li>• nutritious and adequate in quantity</li> <li>• chosen with regard to the dietary requirements of individual children</li> </ul> </li> <li>• Ensure that, where food and drinks are provided by the service, a weekly menu that accurately describes the food and beverages to be provided is displayed at the premises in a location accessible to parents</li> <li>• The Nominated Supervisor must ensure any specific cultural, religious or health requirements are met.</li> <li>• It is the Nominated Supervisor's responsibility to ensure all educators, staff members and volunteers are made aware of the individual dietary requirements for each child and respect them</li> </ul>
Educators & Staff/ Responsible Person	<ul style="list-style-type: none"> <li>• Adhere to the Food and Nutrition Policy</li> <li>• Ensure children's individual dietary needs are adhered to</li> <li>• Provide positive mealtime experiences for children</li> <li>• Respect the individual needs and choices of children</li> <li>• Actively supervise children during meal times</li> <li>• Attend Professional Development</li> </ul>
Families	<ul style="list-style-type: none"> <li>• When necessary provide the service with any Action plans from a Doctor</li> <li>• When necessary, develop a Medical Risk Minimisation Plan with the service on enrolment</li> <li>• Update educators regarding health requirements</li> <li>• Are encouraged to contribute menu ideas and recipes</li> <li>• Communicate regularly with educators</li> <li>• Adhere to the Service's Food and Nutrition Policy</li> </ul>

		<b>EHPS OOSH POLICY</b>	
<b>POLICY NUMBER</b> QA 2/5	<b>REVISION</b> 2.0	<b>TITLE</b> Food and Nutrition Policy	<b>PAGE</b> Page 6 of 6

#### 4. REFERENCES

##### 4.1 Statutory authority

- Education and Care Services National Law Act 2010 (Regulation 78, 79, 80)
- National Quality Standard (Standard 2.2.1)
- National Food Standards Code (FSANZ), Food Standards Australia New Zealand (<http://www.foodstandards.gov.au/Pages/default.aspx>)
- Food Act 2003 (NSW)
- Food Regulation 2015

##### 4.2 Service policies

- Food from Home Policy
- Food Handling Policy
- Hand Washing and Gloves Policy
- Hygiene and Infection Control Policy

##### 4.3 National frameworks

- Framework for School Age Care in Australia, “My Time, Our Place”, Outcome 1.1, 1.3, 3.2, 3.4 ([http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-kit/my\\_time\\_our\\_place\\_framework\\_for\\_school\\_age\\_care\\_in\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-kit/my_time_our_place_framework_for_school_age_care_in_australia.pdf))

##### 4.4 Further references

- Australian Dietary Guidelines for Children and Adolescents (<https://www.nhmrc.gov.au/guidelines-publications/n1>)
- Network of Community Activities (<https://networkofcommunityactivities.org.au/product/nrgoosh-nutrition-ready-to-go/>)