



JUMBUNNA COMMUNITY PRESCHOOL AND EARLY INTERVENTION CENTRE INC

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

NUTRITION, FOOD, BEVERAGES and DIETARY REQUIREMENTS

Date Approved: 31/7/12

Related Legislation

- Education and Care Services National Law Act 2010: Section 167
- Education and Care Services National Regulations: Regulations 78-80
- Work Health and Safety Act 2011
- Children (Education and Care Services National Law Application) Act 2010
- Children (Education and Care Services) Supplementary Provisions Regulation 2019
- Children (Education and Care Services) Supplementary Provisions Act 2011

• Sources

- Australian Children's Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au
- Healthy Kids NSW – www.healthykids.nsw.gov.au
- Nutrition Australia – www.nutritionaustralia.org
- Food Standards Australia New Zealand – www.foodstandards.gov.au

POLICY STATEMENT

Research has shown that one in five pre-schoolers are either overweight or obese. By the time children in NSW reach kindergarten, almost 18% are either overweight or obese. The 2007 National Children's Nutrition and Physical Activity Survey found that the dietary patterns of many Australian children are less than optimal with high consumption of salt and saturated fat, and low consumption of fruit and vegetables. Given that children are increasingly spending long periods of time in centre-based care, early childhood educators can role model healthy eating and encourage young children to make healthier food choices. This will contribute to the prevention of weight problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Goals - What are we going to do?

Jumbunna services will:

- Role model healthy food and drink while children are in care and the promotion of normal growth and development.
- The service is committed to implementing the healthy eating key messages outlined in *Munch & Move* and to supporting the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)* and *National Healthy Eating Guidelines for Early Childhood Settings* as outlined in the *Get Up & Grow* resources.
- support families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating

Strategies - How will it be done?

Professional development of staff and educators

- All staff will receive Nutrition Education training

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- 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, oven-baked crackers and corn chips

Promote safety

- Ensure water is readily available for children to drink throughout the day; Jumbunna services are *water only* services.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans. Jumbunna services have a nut free environment.
- Ensure young children do not have access to foods that may cause choking.
- Ensure all children remain seated while eating and drinking.
- Always supervise children while eating and drinking.

Safe food handling

- Encourage and provide opportunities for cooking staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices
- Ensure gloves are worn or food tongs are used by all staff handling 'ready to eat' foods.
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures ie below 5°C or above 60°C.
- Children will be discouraged from handling other children's food and utensils

Provide a positive eating environment which reflects cultural and family values

- 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.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds
- 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.
- Encourage older toddlers and preschoolers to assist to set and clear the table and serve their own food and drink – providing opportunities for them to develop independence and self-esteem.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Encourage children to try different foods but do not force them to eat.
- Do not use food as a reward or withhold food from children for disciplinary purposes

Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices

- Foster awareness and understanding of healthy food and drink choices through including in the children’s program a range of learning experiences encouraging children’s healthy eating.
- Encourage children to participate in a variety of ‘hands-on’ food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices
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Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service

- Provide a copy of the *Nutrition Policy* to all families upon orientation at the service. Families will be provided with opportunities to contribute to the review and development of the policy.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children’s individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children’s lunchboxes. This information may be provided to families in a variety of ways including newsletters, during orientation, information sessions and informal discussion.

Roles and Responsibilities

Role	Authority/Responsibility For
<p>Approved Provider</p>	<ul style="list-style-type: none"> • Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011. • Allocate finances for training and food safety. • Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required. • Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
<p>Nominated Supervisor</p>	<ul style="list-style-type: none"> • Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimize risks to children. • 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. • Ensure that, where food and beverages are supplied by the services, they are: <ul style="list-style-type: none"> a) Nutritious and adequate in quantity b) Chosen with regard to the dietary requirements of individual children • Ensure that, where food and beverages 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.

Role	Authority/Responsibility for
Early Childhood Educators Responsible Person/s	<ul style="list-style-type: none"> Adhere to the strategies and practices of the <i>Nutrition, Food, Beverages and Dietary</i> policy. Ensure children's individual dietary needs are adhered to. Provide positive meal time experiences for children. Respect the individual needs and choices of children. Actively supervise children during meal times. Adhere to the services Hygiene Policy.
Families	<ul style="list-style-type: none"> Communicate regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences. Contribute menu ideas and recipes.

Monitoring, Evaluation and Review

This policy will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this Policy every two years.

Families and staff are essential stakeholders in the policy review process and will be given opportunity and encouragement to be actively involved.

In accordance with R. 172 of the *Education and Care Services National Regulations*, the service will ensure that families of children enrolled at the service are notified at least 14 days before making any change to a policy or procedure that may have significant impact on the provision of education and care to any child enrolled at the service; a family's ability to utilise the service; the fees charged or the way in which fees are collected.

DOCUMENTATION

Documents related to this policy	
Related policies	
Forms, record keeping or other organisational documents	

Policy Name:	Nutrition, Food, Beverages & Dietary Requirements	Policy Number:	
Date Approved:	24 August 2023	Approved By:	Board of Management
Date Issued:	31 August 2023	Review Date:	30 June 2024
Version 1.5	This version of the policy was approved 24 August 2023 and replaces the version approved 30 June 2022		