

D-3 Food and Nutrition

Epping Heights OSHC.

NQS

QA. 2.1	Health.
QA. 2.1.1	Wellbeing and comfort.
QA. 2.1.2	Health practices and procedures.
QA. 2.1.3	Healthy lifestyle.
QA. 4.2.2	Professional standards.
QA. 6.1	Supportive relationships with families.
QA. 6.1.1	Engagement with the service.
QA. 6.1.2	Parent views are respected.
QA. 6.1.3	Families are supported.
QA. 6.2	Collaborative partnerships.
QA. 7.1.2	Management systems.
QA. 7.1.3	Roles and responsibilities.

National Regulations

Reg. 77	Health, hygiene, and safe food practices
Reg. 78	Food and beverages
Reg. 79	Service providing food and beverages
Reg. 80	Weekly menu
Reg. 90	Medical conditions policy
Reg. 91	Medical conditions policy to be provided to parents
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care service must have policies and procedures
Reg. 173	Prescribed information to be displayed

My Time, Our Place

LO. 1	Children have a strong sense of identity
	Children develop knowledgeable and confident self-identities
LO. 3	Children have a strong sense of wellbeing
	Children become strong in their social and emotional wellbeing
	Children take increasing responsibility for their own health and physical wellbeing
LO. 5	Children are effective communicators

POLICY STATEMENT

We aim to provide nutritious and varied food of good quality in the Centre. Children will be encouraged to develop healthy eating habits through suitable examples and education. Parents will be encouraged to share family and multicultural values and ideas to enrich the variety and enjoyment of food by the children. We also aim to support and provide for children with food allergies, dietary requirements, and cultural or religious dietary practices.

High standards of hygiene will be maintained throughout all food preparation and appropriate storage of food will be maintained at all times.

RELATED POLICIES

- Epping Heights OSHC Policy A-3: Philosophy
- Epping Heights OSHC Policy A-4: Enrolment
- Epping Heights OSHC Policy A-19: Nominated Supervisor
- Epping Heights OSHC Policy C-3: Educator Orientation and Induction
- Epping Heights OSHC Policy D-1: Dealing with Medical Conditions
- Epping Heights OSHC Policy D-2: Hygiene
- Epping Heights OSHC Policy D-4: Food Safety and Handling
- Epping Heights OSHC Policy D-15: Allergies
- Epping Heights OSHC Policy D-17: Anaphylaxis
- Epping Heights OSHC Policy D-18: Diabetes
- Epping Heights OSHC Policy D-19: Encouraging a Nut-Free Zone

PROCEDURE

Food and drink will be provided for breakfast and afternoon tea, with small nutritious snacks available if requested.

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

All food provided at the Centre will be nutritious, varied, and adequate in quantity taking into account children's various dietary requirements for growth and development, bearing in mind that afternoon tea is a snack and not a meal.

A menu which accurately describes the food and beverages to be provided by the service on a regular basis will be displayed at the Centre making it accessible to families and children.

Where possible, local fresh produce will be used for food provided at the Centre.

The food served at the Centre will be according to the Australian Dietary Guidelines.

All food will be prepared and stored in a hygienic manner (see Food Safety and Handling policy)

Where children are involved in food preparation, they should always be supervised, and hygienic conditions maintained.

Food will be stored in original packaging while unopened and once opened kept in a tightly sealed container, away from any chemicals. Any food opened and/or no longer stored in its original packaging be labelled with the type of food, any content that may be allergens for

children (including 'may contain traces'), the date the food was opened, and the date to be discarded. The date to be discarded will be the earliest of the Best before/Use by date and the date the food must be consumed by (according to packaging i.e., must be consumed within 3 days etc.)

Food requiring refrigeration will be sealed and stored in the refrigerator according to Food Safety and Handling policy. Snack times are seen as a social event where children and educators can relax, talk about their day, and experience a variety of foods. Educators will demonstrate good healthy and hygienic eating habits while with the children.

Food will be set aside or freshly prepared for any children at out of centre activities for them to consume on arrival at the centre.

Children should be seated while eating or drinking.

Children and parents are encouraged to contribute to the menu ideas:

Parents will be encouraged to share family and multicultural values, ideas, and recipes.

All family, cultural and religious practices will be acknowledged and addressed in the provision of food.

All children's individual needs such as allergies etc will be addressed in the menus. Educators will keep a list of all children's allergies or food restrictions near the food preparation area to ensure this information is available to educators at all times. (see Allergy policy). Educators will be informed of the importance of checking this allergy list prior to the serving of any food at the centre.

Education of healthy eating habits will be developed through ongoing examples, specific activities, notices, posters, and information sheets to families.

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

Tap-water is available for children to drink.

Containers are to be cleaned and stored appropriately.

Other suitable drinks may be made available at the discretion of the Centre Coordinator.

Children's cooking activities will be encouraged to develop life skills. At all times, safe and hygienic practices will be followed (see Food Safety and Handling policy)

Opportunities for staff Professional Development will be provided to ensure Educators have the skills required to accurately plan and prepare food. Any changes made due to this professional development will be documented to show continual improvement.

SOURCES

- Education and Care Services National Regulations 2011
- National Quality Standard
- My Time, Our Place Framework for School Age Care in Australia

- NHMRC Australian Guide to Healthy Eating
- Eat Smart, Play Smart 3rd Edition 2016
- NSW Public Health Act 2010
- Nutrition Australia www.nutritionaustralia.org
- Australia and New Zealand Food Standards Code
- Australian Dietary Guidelines 2013
- Eat for Health www.eatforhealth.gov.au
- NSW Food Act 2003
- NSW Food Regulation 2015

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