



Policy No: CE-POL-017/1.3/2013

Healthy Food and Nutrition Policy

Custodian: Management
Committee

Custodian Contact:
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Version No: 1.3

Approved By:
Natarsha Partington
Chairperson

**On behalf of the Management
Committee.**

Approval Date: 22/7/2020

Next Review Date: 22/7/22

Supersedes:
Healthy Food supply and
Nutrition Policy Version 1.2

1 Purpose:

Children have a right to good quality, nutritious food and the right to enjoy this food in a supportive, social environment. C.a.F.E. Enfield Children's centre promotes safe, healthy eating habits. We aim to provide the opportunity for children to receive a minimum of 50% of the recommended daily food intake (based on the Australian Dietary guidelines) to help them grow, develop and maintain healthy bodies.

2 Scope:

Approved Provider (at this service we have 2 Approved Providers-DfE and the Management Committee)
Nominated Supervisor
Responsible Persons
Cook & Educators
Parents & Children
Students & Volunteers

3 Supporting Documents:

Child Health Policy
[Food handling and storage policy](#)
[Medication Policy](#)
Medically [Modified diet plan form](#) (medical reasons)
[Special diet plan form](#) (non medical reasons)
Health Support Agreement
Safety Risk Management Plan
[NHMRC Guidelines for infant feeding](#)

4 Policy Details:

Staff will endeavour to:

- Provide food and drink that is varied, nutritious and culturally diverse.
- Provide a safe, supportive and social environment in which children can enjoy eating.
- Communicate effectively with parents, caregivers and families about their child's food and nutrition.
- Incorporate food and nutrition in the program.
- Cater for the special dietary needs of children in consultation with parents, caregivers and the appropriate medical professionals.
- Celebrate special occasions using non-food items.
- Support breast feeding and breast milk provision.
- Facilitate bottle feeding

5 Procedures:

We will provide food and drink that is varied, nutritious and culturally diverse.

- Food provided is consistent with the Australian Dietary Guidelines for Children and Adolescents (NHMRC 2013).
- The Menu offered is low in salt and added sugar & provides at least 50% of the Recommended Daily Intake of key nutrients for children. Seasonal availability of foods will be taken into consideration when planning menus.
- Food is provided in a safe and hygienic manner in accordance with the Centre's Food Safety Program.
- Food provided is developmentally appropriate for children, encourages independent eating and offers a variety of textures and garnishes.
- Water is the main drink and is available at all times. Full cream milk will also be offered as an alternative at morning and afternoon tea times (not for infants less than 12 months of age).
- Eating opportunities for children outside of the main menu include food such as fresh fruit, dried fruit, dry biscuits with spread or cheese, bread or fruit loaf.

We will provide a safe, supportive and social environment in which children can enjoy eating.

- Children will be seated and supervised whilst eating at all times. Educators will provide support, positive encouragement and role modeling by sitting with the children and, where possible, eating the same food
- Children are encouraged to at least taste the meal before being offered an alternative. Children are never forced to eat a meal.
- Precautions to prevent the threat of choking are known by all staff and implemented.
- Due to the potential anaphylaxis risks and choking hazard we will not provide food which contains nuts.
- Food will not be accepted from home as we cannot provide the appropriate storage and certain foods can put other children at risk of anaphylaxis. "No Food from home" notices will be displayed at the entrance to the Centre.
- All staff will receive regular training in Safe Food Handling practices (approved by the City of Port Adelaide Enfield Council).

We will communicate effectively with parents, caregivers and families about their child's food and nutrition.

- A positive relationship is encouraged with the centre's cook.
- A 5-week rotating menu is provided, outlining the daily food and drinks on offer, including snacks. The daily menu may occasionally be varied based on the availability of ingredients, or when appropriate. The menu will be reviewed at least every 3 months.
- Families' opinions, cultural and religious preferences are considered in planning the menu.
- Menus are displayed in each room and families have access to recipes upon request.
- Families will receive information about the Centre's Nutrition Policy prior to enrolment and during orientation visits. This policy is also available in the main foyer.
- Nutrition information and recipes are accessible to families, in the form of flyers, news items, pamphlets, guest speakers and surveys.
- Staff will communicate with parents verbally and/or in writing about their child's daily food intake:
 - Yitpi Tarnanthi room: a communication book for each child
 - Karra room: a communication book for the group
 - Kangkulya Room: children are encouraged to begin sharing information themselves dependent upon their level of language development.

We will incorporate Food and Nutrition in the program.

Educators will:

- Include food and nutrition in planned and spontaneous experiences, and will link weekly menu to programmed experiences.
- Source and discuss food experiences from a variety of cultures.
- Utilize mealtimes as an opportunity for social learning and to develop skills such as children serving themselves, pouring drinks and cleaning up after meals.
- Discuss food safety with children.
- Provide practical food experiences such as simple cooking, growing vegetables, and re-cycling food scraps via composting, worm farms & feeding the animals.

We will cater for the Special Dietary Needs of children in consultation with parents, caregivers and the appropriate medical professionals.

- All meat used at the centre is supplied by a Halal butcher. No processed cold meats (eg ham, bacon) are used.
- Families are informed prior to enrolment about what dietary support the Centre can provide.
- Food provided takes into account special dietary needs. A list of children and their special dietary needs are displayed in the dining/serving area of each room/group and on serving trolleys.
- Special diets for cultural or religious reasons will be discussed and negotiated with parents and/or caregivers. Parents will be asked to complete a *Special Diet Plan* which will be reviewed as required.
- Special diets for diagnosed medical reasons will be discussed with parents. Parents will be asked to provide a [Health Support Agreement](#) in conjunction with a [Modified Diet Plan](#). These plans must be completed by a General Practitioner and/or dietician. It is the parent's responsibility to ensure that plans are kept up to

date and to notify staff of any changes. Plans will be located in children's emergency files and a copy also kept in the kitchen.

- Children diagnosed with a food allergy or intolerance requiring medication will be asked to supply the medication. (see [Medication Policy](#) for further details.).
- In some cases we may ask that parents bring in the alternative foods.

We will celebrate special occasions with your family.

Birthdays and special celebrations will be acknowledged using non-food items.

"Celebrations do not have to focus on food – there are other ways to celebrate. For example, on their birthdays, the group can sing 'Happy Birthday', the children can wear a special party hat or a birthday badge or sticker. Other occasions can be celebrated through art or craft activities where children paint, draw or make something, dress up or decorate in a special way." (Get up and Grow 2014)

Breast feeding and breast milk provision.

- The Centre supports breast feeding mothers and breast milk provision.
- Mothers who are breast-feeding are welcome to breast feed in her child's room/group, in an area most comfortable for her to do so.
- Expressed breast milk can be brought in fresh or frozen.
- Procedures for storing, thawing and warming of breast milk (as recommended in the NHMRC Infant Feeding Guidelines, 2013) are attached to this policy.

Bottle feeding.

- We ask that parents supply bottles from home clearly labeled with the child's name.
- If formula is required, we ask parents to supply this in powder form, with written instructions provided to staff. Bottles will be prepared by educators at the Centre in line with current Infant Feeding Guidelines.
- "Cow's milk is not recommended for children under 12 months of age as it lacks sufficient iron and vitamins for growth and development" (Start Right Eat Right, 2008).
- Guidelines for storing, thawing and warming of breast milk & infant formula are attached to this policy (as recommended in the NHMRC Infant Feeding Guidelines, 2013).

On enrolment of their child, the parents will be:

- Informed of the Nutrition Policy.
- Informed that the Centre is a Nut Free Zone.
- Informed not to bring any food from home to the Centre
- Asked to provide information about what foods the child has been introduced to (specifically in the Yitpi Tarnanthi Room).
- Requested (if necessary) to complete a [Special Diet Plan](#) for any non-medical dietary needs, or provide a *Health Care Plan with Modified Diet Plan* completed by a GP or dietician for any diagnosed medical reasons.

6 Related Legislation and Regulations

Education and Care Services National Law

Education and Care Services 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

7 Definitions of Terms:

GP	General Practitioner
NHMRC	National Health & Medical Research Council
RDI	Recommended Daily Intake

8 References:

Australian Dietary Guidelines (2013)- National Health and Medical Research Council, accessed on line 24/2/20 at url:

<https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>

Eat for Health 'Infant Feeding Guidelines', NHMRC, 2013, Australian Government, Department of Health and Ageing accessed on line 20/2/20 at url:

https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf.

Get Up and Grow: Healthy Eating and Physical Activity, Director's Book, Australian Government Department of Health & Ageing, 2015

'Healthy Eating for Children'- National Health and Medical Research Council
Accessed on-line 22/8/15 at url:

https://www.nhmrc.gov.au/files_nhmrc/.../n55f_children_brochure.pdf

Australasian Society of Clinical Immunology & Allergy, accessed online 24/02/2020 at url: <https://www.allergy.org.au>

Choking on Food and other objects, Child & Youth Health website, accessed on-line 20/1/18 at url:

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=2478>

Feed Australia Website, Australian Government Department of Health, accessed on line 24/2/20 at url <https://www.feedaustralia.org.au/>

Planning Nutritious Child care Centre Menus, Nutrition Checklist and Support Materials, 2nd Edition, South Australian Child Care Nutrition Partnership, 2005

9 Reviewing Strategy and History:

Review should be conducted biennially to ensure compliance with this procedure

Version No.	Reviewed By	Approved By	Approval Date	Review Notes
1	Management Committee	Liam Fudali -Chairperson	1/05/13	Initial approval in new format Policy renamed
1.1	Management Committee Educators	Josephine Salisbury -Chairperson	9/12/15	minor changes Update referencing
1.2	Management Committee Educators Families	Melissa Smithen -Chairperson	21/3/18	Minor changes
1.3	Management Committee Educators Families	Natarsha Partington -Chairperson	22/7/20	Title changed from "Healthy Food Supply and Nutrition" Minor content changes Inserted paragraph within "special occasions" Updated referencing & Review history