



NUTRITION, FOOD, BEVERAGES AND DIETARY POLICY

2021

**THE —
AFTER
SCHOOL
KLUB —**

Nutrition, Food, Beverages and Dietary Policy 2020

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures

Purpose

Early childhood education and care (ECEC) services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines (**National Regulation 78-79**). Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, Type-2 diabetes and cardiovascular disease.

Service Commitment

TASK recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

Further, TASK recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that TASK has an important role in encouraging, supporting and educating families in healthy eating.

Strategies

Where food is provided:

- Plan and display the service menu that is based on sound menu planning principles and meets the daily nutritional needs of children whilst in care day (**National Regulation 80**).

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All services:

- Ensure water is readily available for children to consume throughout the day (**National Regulation 78**).
- Be aware of children with food allergies, food intolerances and special dietary requirements and consult with families to develop individual management plans (**National Regulation 79**).
- Always supervise children while eating and drinking.

Provide age appropriate food and drinks to children that have been stored, prepared and served in a safe and hygienic manner to promote hygienic food practices

- Ensure 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.
- Children are discouraged from handling other children's food and utensils.

Provide a positive eating environment that is relaxed, social and reflects cultural and family values

- Recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds through strong partnerships with families and community.
- Never use food as a reward or withhold food from children for behaviour management purposes.

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service

- 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 resolution so that children's individual dietary needs are met.

Responsibilities of the Approved Provider

- Ensure the service operates in line with the Children Education and Care Services National Law and the Education and Care Services National Regulations.

- 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.
- Must ensure that the Nominated Supervisor of the service and any staff members and volunteers of the service implement adequate health and hygiene practices as well as safe food handling, preparing and storing of food to minimise risks to children being educated and cared for (**National Regulation 77**).
- Must ensure that the food and beverages provided to children being educated and cared for at the service, are nutritious and adequate in quantity. Approved Provider must also ensure that the food and beverages chosen meet the individual needs and dietary requirements including development and cultural, religious or health requirements of each child (**National Regulation 79**).

Responsibilities of the Nominated Supervisor

- Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children (**National Regulation 77**).
- 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 (**National Regulation 78(2)**).
- Ensure that, where food and beverages are supplied by the service, they are: nutritious and adequate in quantity 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.

Responsibilities of the Educators

- Adhere to the strategies and practices of the Nutrition, Food, Beverages and Dietary 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.

Responsibilities of the Families

- Communicate regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences.
- Contribute menu ideas and recipes.
- Read the menu in or out of the service to discuss the food that your child ate throughout the day.
- Share any concerns about your child's eating habits with the educators.