

POLICY ON NUTRITION

The Centre actively encourages good eating habits from babyhood and develops in children positive attitudes towards eating. This Policy was developed in consultation with parents/guardians and staff.

NUTRITION GOAL

To provide children with 50% of recommended daily intake of foods.

The Centre acknowledges that starting a child's life with proper nutrition and good eating habits is vital for good health and well-being throughout their life.

The Centre aims to meet 50% of your child's daily food requirements as recommended by Australian Dietary Guidelines 2013. Sample of Australian dietary guidelines for food provided is as follows (click on the link):

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55f_children_brochure.pdf

FOR FURTHER INFORMATION GO TO www.eatforhealth.gov.au and www.feedaustralia.org.au/

Menus are planned with the dietary guidelines for children and adolescents in Australia NHMRC 2013 and feed Australia. Foods that are high in fat, salt and sugar are not included in menu planning. The menu ensures that there is a variety of food every day with a range of tastes, textures, aromas and flavours.

Educator sits down with children and offers a calm, relaxed, happy, social atmosphere in which children eat. Foods from all major food groups, as well as milk, are offered each day. We offer a 4 week rotating menu with fruit and vegetables served at each meal. Morning, afternoon tea and snacks comprising various foods are offered each day. Milk and water are the only drinks offered to children. Menus are displayed in the children's rooms and the notice board in the foyer.

To encourage awareness of good eating habits, educators talk to children at the table, educators use books, posters, discussions and songs to reinforce the healthy eating message. Independence is encouraged at mealtimes with children self-feeding, using utensils, scrapping their bowls with leftover food after eating, setting tables and clearing up. Food is not used as a reward or punishment; it is also not used as a comforter for unsettled children.

All children are encouraged to taste their food. If a child refuses to eat, fruit is offered - a separate meal is not provided; it is only provided if a child has a special dietary requirement. We will work in conjunction with parents/guardians and health professional in ensuring the child's recommended daily intake (RDI) whilst in care is met.

The Centre caters for children with food allergies, intolerances or any special dietary requirements. Any allergies or food intolerances are recorded in the child's enrolment records, displayed in the kitchen and displayed in that child's room on the allergy list. Staff and cook are also made aware if any child has a risk to any specified ingredient to which they may be allergic. The parent is to present to the Centre a detailed allergy/anaphylaxis management plan and an emergency action plan including an EpiPen® or Anapen (adrenaline auto-injectors) or allergy medication.

In the event of the child having ingested an allergic food, the emergency action plan is implemented.

Further information on severe reaction to allergies can be obtained from:

<https://www.allergy.org.au/patients/information>

Policy on choking is documented in the policy folder situated at the entrance to the Centre, enclosed in the parents' enrolment package, and displayed in all children's rooms.

The Centre provides storage for breast milk, and parents are welcome to breast-feed. Breast milk is frozen if necessary, or refrigerated if it is to be used that day. Breast milk for feeding is reheated in a jug of boiling water, not in the microwave. The Centre will work with parents/guardians on the introduction of cow's milk and cups for feeding your baby. As an addition to milk drinks, babies are offered cooled, boiled water as necessary, particularly on hot days.

The Centre provides cow's milk but parents/guardians are expected to bring in their own formulas for their children to make up their daily bottles in an airtight container with the child's name clearly written on it or to bring ready bottles of breast milk or formula with the date of preparation or expression. Parents/guardians are also expected to supply the bottles with child's full name as well. Bottles are heated in the microwave and tested on educator's inner arm skin for correct temperature. Bottles are heated only once then the formula is discarded. Bottles are rinsed with hot soapy water and returned to parents/guardians at the end of the day. Centre spare bottles and teats are soaked in hot soapy water and sterilized in dishwasher as required.

The introduction of solids is undertaken in consultation with parents/guardians. Parents/guardians are encouraged to introduce solids when there is an increased appetite, able to hold their head up and begin to control their tongue to take food from a spoon. Introduction of solids is encouraged from approximately 5-6 months, but only after parent/guardian consultation. All foods introduced are done after parent/guardian consultation.

The Centre provides for the children's morning tea, lunch, afternoon tea and late snack. However, if children have any specific cultural/religious or dietary needs and wish to supply their own food, it must be labelled with the child's name and ingredients and automatically

put in the refrigerator. No food is to be brought into the Centre at any time or kept in children's bags unless arrangements have been made with the Director.

The Centre has emergency foods in stock in case of power / gas interruption, these being sandwiches, vegemite, light cream cheese, baked beans, salad vegetables, milk, cheese and fruit.

To assist parents/guardians with information on children's diet the Centre displays posters, booklets etc. in the foyer throughout the year.

The Centre is registered with the City of Greater Geelong for purposes of food safety and food handling procedures in which staff are trained. The Centre's food safety procedures are inspected and audited each year by outside organisation. We have four staff members who are trained as Food Safety Supervisors. All staff have informal training of food handling.

Articles and policy on nutrition will be displayed on notice boards and other various locations throughout the Centre at least four times a year by Centre staff.

Related Policy: Health, Hygiene and Infection control, Choking/ Allergies/Provision of Food for Special Occasions, Food Handling and Storage

Source: Australian Dietary Guidelines 2013

<http://www.nhmrc.gov.au/guidelines/publications/n55>

Links to NQS / Elements 2.1, 2.2

Education and Care Services National regulations 2011: 168(2)(a)

In consultation with staff, families and Board of Management 2018

Review

Policy Reviewed	Modifications	Next Review Date
May 2018	Minor changes and additions made. Updated all the web links	April 2019
May 2018	Updated the National Quality Standards references to comply with revised standards Minor terminology and grammatical adjustments Included the list of related policies	April 2019