



NUTRITION AND FOOD SAFETY POLICY

POLICY STATEMENT

Our service believes that good nutrition is essential for each child's healthy growth and development. For this reason, the service will provide nutritious, good quality food that is consistent with the Australian Dietary Guidelines: healthy eating for children. We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks (My Time, Our Place 1.1). All food served at the service will be consistent with the child's own dietary requirements, and take into consideration the children's like and dislikes as well as meet any cultural requirements of families (My Time, Our Place 2.2 and 3.2). High standards of hygiene will be maintained throughout all food preparation. We encourage the development of children's good eating habits through modelling and reinforcing healthy eating and nutrition practices by educators. Families will be encouraged to share recipes and traditions to enrich the variety and enjoyment of food by the children and support the children's development of respect for and understanding of diversity (My Time, Our Place 1.3). We seek opportunities to learn about growing our own food, collaborate with children to use food we have grown ourselves and use food sourced from local suppliers in our menu planning (My Time, Our Place 3.2).

PROCEDURE

The service will:

- Ensure water is readily available for children to drink throughout the day.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- 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.
- Encourage and provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Ensure that educators 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.
- Cultural diversity will be recognised through food learning experiences.
- 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.
- 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.
- Do not use food as a reward or withhold food from children for disciplinary purposes
- Where food is prepared for the service by an external source, the service will ensure that all food safety and appropriate nutrition guidelines are followed.

Food Safety

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- All food will be prepared and stored in a hygienic manner as per the current Australian/New Zealand Food Standards.
- Opened food will be stored in tightly sealed containers in food cupboard and labelled with the date opened.
- All perishable foods will be stored in a refrigerator and the temperature monitored to ensure it is less than 5°C.
- Food is stored and served at safe temperatures i.e., below 5°C or above 60°C.
- Surfaces are cleaned before and after food preparation, with the environmentally friendly sanitiser provided.
- Tongs and spoons are used for the serving of food.
- All cups, plates and utensils are washed in dishwasher where available, or cleaned and sanitised.
- Kitchen equipment to be cleaned and stored appropriately.
- Empty containers are cleaned and stored to minimise risk of pest contamination.
- Children are encouraged not to share their drinking and eating utensils.
- Educators can choose between wearing gloves and effective hand washing prior to and during food preparation/handling.
- 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.

For effective handwashing, staff and children are encouraged to follow these 5 steps.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air-dry them.

If wearing gloves for safe food handling.

- Wearing gloves does not replace the need for handwashing.
- Wash hands before putting on gloves; after using gloves and before reapplying gloves.
- Apply gloves correctly, fully covering hands.
- Avoid contaminating food by using gloves for only one continuous task and then discarding them.
- Remove, discard gloves and wash hands after handling raw food. Apply new gloves if returning to food preparation.
- Remove and discard gloves before using the toilet, smoking, coughing, sneezing, using a handkerchief, eating, drinking or touching the hair, scalp or body.
- All rubbish or leftover food is to be disposed of immediately in lidded bins and bins emptied daily and regularly cleaned with disinfectant.

Nutrition



- A menu based on the Australian Dietary Guidelines for Children and Adolescents, will be on display for families and children during term and be an accurate representation of the food and drink that is being served.
- All children's individual needs such as allergies, cultural requirements, and health needs etc will be addressed in the menus. Families to be advised if required to supply specific foods for their child.
- Plan healthy snacks on the menu to complement what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.
- Vary the meals and snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas.
- Food and drink consistent with the menu will be provided for morning and afternoon tea as well as small nutritious snacks available as necessary.
- Fresh drinking water will be available at all times for the children and educators.
- The seasons and weather are to be considered when preparing menus.
- During vacation care, families provide their child's lunch and drinks, unless otherwise stated on the program. Families are encouraged to prepare food and drink for children that is consistent with the Australian Dietary Guidelines. Information is provided to families as guidance e.g., family newsletter, network of community activities menu planning factsheet, NHMRC.
- 'Healthy Eating for Children' factsheet.
- Children and families will be encouraged to share family and cultural traditions, ideas and recipes to contribute to the menu.
- Children and families are provided opportunity to have input/give feedback to regular menu.

Best Practice and Skills Development

- Children are to be seated in a relaxed setting while eating or drinking.
- The denial of food will never be used as a punishment. Equally, food or drink will not be used as reward.
- Children's cooking activities and children's safe food handling practices are encouraged as part of the program to develop life skills.
- Educators encourage children to serve their own food and drinks to encourage the development of food handling skills as well as acknowledging their growing sense of independence.
- The service will regularly review and evaluate nutrition and safe food handling practice in line with current best practice guidelines from recognised authorities.
- Directors attend regular professional development on nutrition and food safety practices and note, communicate and implement changes to practice in the service.
- Directors/Staff/Educators certified and experienced in safe food handling will conduct on the job training of educators or volunteers serving food without the relevant skills, experience and knowledge.



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Administered by St. Philip's Christian Education Foundation Ltd.

This policy links to the following:

National Quality Standards: 1.1,2.1, 6.1, 7.1, 7.3

Education and Care Service National Regulations 2011:77-80

Other: Eat for Health: Australian Dietary Guidelines – healthy eating for children 2013 Eat Smart Play Smart Manual, Heart Foundation National Food Standards Code (FSANZ) Food Act 2003 (2019 update) (NSW) Food Regulation 2010 (NSW) NRG@OOSH (Network of Community Activities)