

## Food, Nutrition and Beverage Policy

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### 1 NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
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### 2 National Regulations

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	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

### 3 EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Children are happy, healthy, safe and connected to others.
	Children show an increasing awareness of healthy lifestyles and good nutrition.
	Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
	Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators model and reinforce health, nutrition and personal hygiene practices with children.

### 4 Aim

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices.

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## 5 Background

Mealtimes provide a valuable opportunity to build an environment that enhances children's sense of being, becoming and belonging. We value the social development that meal time provides, therefore we ensure that they are positive, relaxed and social and represent a family life atmosphere.

It is recognised that every member of the service impacts on children's health and contribute to creating an environment that promotes healthy eating. All members of our service including educators, staff, children and families will be supported to meet this policy and given a chance to provide input.

## 6 Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy

Medical Conditions Policy

## 7 Implementation

Families are required to provide morning tea, lunch and afternoon tea and breakfast if required for their child. To ensure children's health and wellbeing, foods provided must be healthy, nutritious, be prepared in a way that is not likely to present a choking hazard, and be consistent with the:

- Australian Dietary Guidelines 2013

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

A Summary of the Guidelines is available at

[http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n55a\\_australian\\_dietary\\_guidelines\\_summary\\_book\\_0.pdf](http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_book_0.pdf)

or

- Infant Feeding Guidelines 2012

[http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n56\\_infant\\_feeding\\_guidelines.pdf](http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n56_infant_feeding_guidelines.pdf)

A summary of the Infant Feeding Guidelines is available at

<http://www.nhmrc.gov.au/guidelines/publications/n56>

Nutrition is the process of providing or obtaining the food necessary for health and growth

Healthy foods include fresh fruit, vegetables, lean meat and fish, cheese, yoghurt, tofu, legumes, high fibre bread, cereal, rice and pasta.

Healthy eating also means eating in a way that is socially, culturally and developmentally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs. (Nutrition Australia Victorian Division



Discretionary/sometimes food and drinks include chips, lollies, flavoured milk or water, fruit juice, soft drinks, sausages, frankfurts, hotdogs, processed meats like cabana and devon, and foods with high levels of sugar, salt or fat.

Where families provide unhealthy food, the Nominated Supervisor or educators will discuss with families why the food provided is not a healthy option. Written information or brochures about healthy eating will be given to families.

**Oral Health:**

A standard of health of the oral health related issues that enables an individual to eat, speak and socialise without active disease, discomfort or embarrassment and that contributes to general well being

Families must take care with foods that are normally stored in the fridge/freezer or must be cooked before being eaten.

The Nominated Supervisor, educators, staff, volunteers and students will:

- provide children with fruit as required during the day
- ensure children have access to water (preferably tap) and offer them water regularly during the day
- ensure children are offered their foods and beverages throughout the day that meet their nutritional and developmental needs and any specific dietary requirements. These requirements may be based on written advice from families (e.g. in the enrolment form) or as part of a child's medical management plan
- ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, are provided with food. Educators will not force children to eat food they do not like or more than they want
- encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating
- ensure food is stored safely in line with procedures set out in the Health, Hygiene and Safe Food Policy
- supervise children when they're eating or drinking
- provide families with daily information about their child's food and beverage intake and related experiences
- provide age and developmentally appropriate furniture for each child
- ensure meal times are relaxed, pleasant and timed to meet most children's needs.
- integrate learning about food and nutrition into the Curriculum and ensure diversity and culture is considered when discussing healthy eating practises.
- never use food as a punishment, reward or as a bribe.
- Celebrations and events promote healthy eating and oral practises
- encourage toddlers and young children to develop their sense of agency by feeding themselves independently and developing their social skills at meal times
- model and reinforce healthy eating habits and food options with children during eating times.
- When food is provided to staff and educators for meetings, celebrations and events, healthy food options are included and discretionary/sometimes options are discouraged.

The Nominated Supervisor will ensure staff are trained in nutrition, food safety and other cultures' food customs if professional development in these areas is required.



Partnerships will be established with relevant organisations and health professionals to support healthy eating where appropriate.

## 8 Sources

Education and Care Services National Regulations 2011  
My Time, Our Place Framework for School Age Care  
National Quality Standard 2018  
Safe Food Australia, 2nd Edition. January 2001  
Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood 2009  
Infant Feeding Guidelines 2012  
Australian Dietary Guidelines 2013  
Eat for health: Dept Health and Ageing and NHMRC  
Food Standards Code  
Food Safety Standards [www.foodstandards.gov.au](http://www.foodstandards.gov.au)  
Food Safety Standards for Australia 2001  
Food Standards Australia and New Zealand Act 1991  
Food Standards Australia New Zealand Regulations 1994  
Food Act 1984  
Department of Health Vic: Food Safety  
Occupational Health and Safety Act 2004  
Occupational Health and Safety Regulations 2007  
Australian Breast Feeding Association Guidelines  
Staying Healthy: preventing infectious diseases in early childhood education and care services  
Belonging, Being and Becoming. The Early Years Learning Framework for Australia. Commonwealth of Australia, 2009  
Victorian Early Years Learning and Development Framework for all Children from Birth to Eight Years. Department of Education and Training, 2016

## 9 Review

The policy will be reviewed annually by:

- Management
- Employees
- Families
- Interested Parties

Date Reviewed: \_\_\_\_\_

Name of Reviewer: Approved Provider

Signature: \_\_\_\_\_

Name of Reviewer: Nominated Supervisor

Signature: \_\_\_\_\_