



## 2.15 NUTRITION AND HEALTHY EATING

### Purpose Statement

Windermere's Family Day Care (FDC) recognises the importance of upholding a duty of care to ensure an individual's nutritional needs are met. It is also committed to ensuring that food is prepared and stored safely. Good nutrition and sound food safety practices are essential to healthy living and enables children accessing education and care services to be active in play and learning.

Food safety practices must comply with the Food Act 1984 and Australia & New Zealand Food Authority Standards, where relevant and aim to promote and protect the health, safety and wellbeing of all of children, families, individuals and other key stakeholders.

### Scope

This policy applies to all salaried full time and part time staff (including casual), educators, contractors, volunteers and students.

### Policy Statement

FAMILY DAY CARE WILL IMPLEMENT HEALTHY EATING, FOOD SAFETY AND PERSONAL HYGIENE PRACTICES AND PROCEDURES TO PROMOTE AND PROTECT THE HEALTH, SAFETY AND WELLBEING OF ALL STAFF, EDUCATORS, CHILDREN AND THEIR FAMILIES.

### Procedures

#### *Procedures – Healthy Eating*

Meal and snack times will provide positive learning experiences for children who will be encouraged to develop healthy eating habits. Healthy eating is an important part of a child's growth and development. While it is important to respect children's preferences you must also be aware that they are receiving their daily dietary requirements. The following practices support healthy eating:

1. Food is not to be used as a reward, incentive or for comfort instead children are given positive feedback and encouragement.
2. Ensure that the environment and educational program supports children and families to make healthy choices for eating and active play.
3. Provide ongoing information, resources and support to families, to assist in the promotion of optimum health for young children.
4. Ensure the implementation of adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children being educated and cared for by the service (see table below for further information).
5. Ensure measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes.
6. Ensure that fresh drinking water is readily available at all times.



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7. Ensure that food and drinks are available to children at frequent and regular intervals throughout the day and encouraging children to actively participate in, and enjoy, snack/meal times without feeling rushed.
8. Encourage children to be independent at snack/meal times e.g. pouring drinks, self-feeding, serving and using utensils in a culturally-sensitive way.
9. Provide adequate supervision for all children during meal/snack times.
10. Discuss healthy eating choices with children, and role-model positive behaviours.
11. Explore and discuss diverse cultural, religious, social and family lifestyles.
12. Discuss the introduction of solids to infants with parents/guardians (where relevant). Never introduce solid food or a new food to an infant without the parents' permission.

### **Procedures – Food Safety & Nutrition**

FDC recognises the importance of food safety and healthy eating for the normal growth and development of young children and is committed to supporting the nutritional needs of children in care.

Activities	Responsibilities
Preparation and Servicing of Food	<ul style="list-style-type: none"> <li>• Keep raw food separate from cooked and ready-to eat food (ie store on separate fridge shelves)</li> <li>• When preparing both raw and cooked or ready-to-eat food at the same time, use different knives, chopping boards and gloves or thoroughly wash equipment and hands in hot soapy water.</li> <li>• Rinse all fruit and vegetables in clean water to remove soil, bacteria, insects and chemicals</li> <li>• When preparing and serving food, make sure that all cutlery and crockery is clean and undamaged.</li> <li>• Make sure food is served as soon as possible after preparing. Food just cooked should be covered and not left out to cool for more than one hour. Once cool, the food should be immediately placed in the refrigerator.</li> <li>• Educators must check children's lunch boxes shortly after arrival and place foods that may spoil into the fridge.</li> </ul>
Healthy Food	<ul style="list-style-type: none"> <li>• Educators will encourage parents to supply health food</li> <li>• Educators are to request that fruit and vegetables are included each day in child/rens snack and lunchboxes</li> </ul>
Educators Providing Meals	<ul style="list-style-type: none"> <li>• When providing meals for families a menu will be on display in the educators home describing foods provided each day</li> <li>• Food should be nutritious, adequate in quantity, varied, and offered at frequent intervals.</li> <li>• Breakfast may be provided if a child arrives in the morning without having eaten (don't let children skip breakfast) and dinner if the child is in care after 6.30 pm.</li> <li>• Snacks should be offered between mealtimes.</li> <li>• After school children may also be offered a snack.</li> </ul>



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	<ul style="list-style-type: none"> <li>• Educators have the right to charge the current recommended rate for any meals and snacks provided. Parents/guardians are to be made aware there will be a charge if the educator is providing meals and snacks.</li> <li>• Educators supplying food are to ensure the food is nutritious, varied and adequate in quantity, and appropriate to the children’s growth, cultural and developmental needs.</li> <li>• Educators supplying food are to incorporate a range of fruit and vegetables into meals. Ensure that foods high in fat, salt and sugar are not provided.</li> </ul>
Special Occasions	<ul style="list-style-type: none"> <li>• Ingredients should be checked to ensure that all children are safe to consume any foods brought from a child’s home</li> <li>• Educators are required to notify families of any party food that will be made available to children and respect any requests made from the family regarding the consumption of this food.</li> </ul>
Re-heating Foods	<ul style="list-style-type: none"> <li>• When children bring their food from home, it may need to be reheated. If you are using a microwave, you must make sure that all food is stirred to ensure that all areas are heated through. Before serving check to make sure that the food is not hot enough to burn children’s mouths.</li> </ul>
Heating Bottles (excluding breast milk)	<ul style="list-style-type: none"> <li>• The microwave will be used to heat milk/formula, but only with great care not to overheat</li> <li>• Milk can only be heated once, then unused heated milk must then be discarded. <b>Refer to <i>Infant Feeding</i> procedure for more information</b></li> </ul>
Expressed Breast Milk	<ul style="list-style-type: none"> <li>• Expressed breast milk should be refrigerated upon arrival</li> <li>• Heat expressed breast milk in a container of hot water (DO NOT heat in the microwave) for approximately 10 minutes.</li> <li>• Only heat expressed breast milk once <b>Refer to <i>Infant Feeding</i> procedure for more information</b></li> </ul>

### Relevant Standards/Legislation

- National Quality Framework for Early Childhood Education and Care Services including:
  - Education and Care Services National Law 2011
  - Education and Care Services National Regulations 2011
- Food Act 1984

### Related Policies & Links

- *Managing Medical Conditions* procedure
- *Infant Feeding* procedure
- National Health & Medical Research Council’s Dietary Guidelines for Children & Adolescents in Australia (2013) and the Get Up & Grow: Healthy Eating (2009)
- National Health and Medical Research Council (NHMRC) Fifth Edition of Staying Healthy in Early Childhood Education and Care 2006
- Get up and grow : <http://www.health.gov.au/internet/main/publishing.nsf/content/phd-early-childhood-nutrition-resources>