

## Nutrition and Food Safety Policy

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### NQS

QA2	2.1.2	Healthy lifestyle – Healthy eating and physical activity are promoted and appropriate for each child.
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QA5	5.1.2	Dignity and rights of the child – The dignity and rights of every child are maintained.
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QA6	6.1.2	Parent views are respected – The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child’s learning and wellbeing.
	6.1.3	Families are supported – Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.

QA7	7.1.1	Service philosophy and purpose – A statement of philosophy guides all aspects of the service’s operations.
	7.1.2	Management systems – Systems are in place to manage risk and enable the effective management and operation of a quality service.
	7.1.3	Roles and responsibilities – Roles and responsibilities are clearly defined, and understood, and support effective decision-making and operation of the service.

### National Regulations

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

### EYLF

LO1	Children feel safe, secure and supported
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LO2	Children become socially responsible and show respect for the environment
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LO3	Children become strong in their social, emotional and mental wellbeing
	Children are aware of and develop strategies to support their own mental and physical health and personal safety

### Aim

The aim is to ensure the dietary needs of the children as well as the requirements of food safety and hygiene are met. We recognise the importance of healthy eating to the growth and development of children and are committed to supporting healthy food and drink choices of children in our care. Our centre also recognises the importance of supporting families in providing healthy food and drink to their children.

### Related Documents

**Nutrition and Food Safety Policy**

**Food Safety and Hygiene Policy**

**Enrolment and Orientation Policy**

**Hygiene and Safety Policy**

**Environmental Sustainability Policy (Our Sustainable Community)**

## Implementation

Our centre endeavours to establish healthy eating habits in the children by incorporating nutritional information into our program. The centre incorporates discussion about various food groups and the effects of on our bodies from nutrition to dental. Staff will encourage children to eat more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese before eating any less nutritious food provided.

### Centre policy

- Snacks that are better as a treat will be returned for your child to enjoy at home.
- No lollies or chocolate are allowed in the centre as it can make the child hyperactive and disruptive in the classroom.
- We request that your child brings in a nutritional lunch each day. This may include sandwiches, salads, fruit, sultanas, cheese, and muffins.
- We would prefer fewer dairy desserts that are full of sugar and additives to be bought into the centre.
- All opened food that your child has touched will be thrown out and written in the daybook or digital version.
- Any leftover unopened shop packaged food will be placed in your child's bag. All unopened meat products or dairy products will be thrown out.
- We would prefer less meat products to be bought into the centre. For example, we do not know how long a sandwich that contained meat was sitting on your kitchen bench and transported to our centre and then sits in our lunch box basket before going into the classroom fridge.
- We have been advised by Nutrition Australia against heating food.

### Fostering nutritional awareness

The centre fosters awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating. These experiences include:

- Cooking
- Food preparation experiences
- Discussion about healthy food and drink choices

### Mealtimes at the centre

Mealtimes are an important time and we use this time at our centre to:

- Promote healthy and nutritious food
- Encourage children's self-help skills
- Encourage manners

Some children enjoy setting up the lunches with the staff. All children are encouraged to wipe the table and wash their containers when they are finished and put their lunch bag away.

Small groups of children are sat at tables which encourages mealtimes to be relaxed and the time for conversation and social interaction with the staff and other children. Children are always supervised at lunchtime. Children's food preferences are respected and the utensils that they feel comfortable with are welcome. Water is readily available for children to drink throughout the day in both indoor and outdoor environment.

### **Morning and afternoon tea**

Two pieces of fruit or vegetables are requested to be placed in the fruit basket in the classroom. Fruit and vegetables are washed and shared within the room.

### **Allergies and your child**

- On your enrolment form all allergies or foods you do not want your child to eat are noted down and given to your child's teacher.
- Our centre is aware of children with food allergies, food intolerances and special diets and we will consult with families to develop individual management plans.
- We request that children's allergies are reviewed as some children can grow out of them.
- Please ensure not to try new foods on your child while they are at the centre in case of an allergic reaction.
- Our centre is a NUT AND SEED FREE ZONE.

### **Nut/Seed free centre**

Due to a high increase of nut allergies within our centre which are life threatening, to the best of our ability our centre is a NUT AND SEED FREE ZONE. This includes Nutella and peanut butter sandwiches.

### **Cooking at the centre**

All classes do cooking, most of the meals that staff will prepare with the children will be nutritious. It is also a great time to introduce multicultural meals for the children to enjoy.

### **Birthdays**

Birthdays are a special occasion and therefore celebrated at our centre. If you wish you can provide some morning tea to mark the occasion. Fruit platters, fruit kebabs or cupcakes are preferred over a large birthday cake. If you do not wish your child to participate in the celebrations for any reason, please let a staff member know and we will find the best solution for your child without making them feel excluded.

### **Communicating with families**

- All families will be provided with a copy of the Nutrition Policy upon enrolment.
- Families will be provided with opportunities to contribute to the review and development of the policy.
- In our centre reception area, we have several nutrition handouts available for parents. These include lunchbox idea that will encourage the child to have the five food groups while they are in our care.
- Request the 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 response so that children's individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.
- The centre would like to see no litter lunch boxes, to help our environment more containers and less pre-packaged food. It could be a healthier alternative as well.

## **Centre golden rules of food safety and hygiene**

1. Do not handle foods without correctly washing your hands or wear gloves.
2. Do not handle food if you are sick or have open cuts/sores on your hands (Band-Aid).
3. Do not refreeze thawed food.
4. Store food properly.
5. Do not overload the fridge and clean weekly or sooner if needed.
6. Clean and sanitise after preparing/storing raw food.
7. Eradicate pests.
8. The centre does not heat food for children.
9. Never leave rubbish on the premises and all bins with lids are used for general waste must have liners in and washed daily.

## **Food handling procedures and storage**

- Early childhood educators are to wash their hands before touching the children's food.
- Keep kitchen surfaces and equipment clean and free of pests.
- Let dishes air dry when possible.
- Clean the floor and walls regularly.
- Wash the fruit and vegetables before cutting them up.
- Do not use the art area for preparing food.
- All cooking ingredients and practical life materials are to be stored in airtight containers.

## **Food safety and hygiene practices**

- Before meals clean tables with detergent.
- Check that all the children's hands are washed before they eat and when they are finished.
- Make sure children **do not share** food, plates, drink containers, or utensils.
- Throw out left over food in our animal bin and write it in the daily book what their child did not eat, what the child enjoyed or did not enjoy.
- Before cooking with the children make sure that their and your hands are washed, and the tables cleaned with soapy water.
- Please note that 20 minutes after fruit is cut the bacteria doubles.
- Bleach chopping boards, fruit bowls, and children's drinking utensils regularly.

## **Gloves are for personal preference**

If gloves are worn or not worn, correctly washing your hands is essential. If you used gloves to wipe a child's nose or other bodily fluids, remove gloves by turning them inside out with paper towelling or tissues inside the gloves. Then wash your hands properly.

## **The centre will monitor staff compliance**

The centre will monitor staff compliance with food safety and hygiene practices and procedures. Please follow our policies and if you need assistance please ask. All staff please make sure all persons are following our policies correctly. When needed it will be discussed at our staff meeting so we all have alignment with the correct procedures.

## **Sources**

**National Quality Standard**

**Education and Care Services National Regulations (Queensland)**

**Early Years Learning Framework**

**Queensland Health**

**Nutrition Australia**

**Australian Government "eat for health"**

**National Law**

## **Review**

This policy will be reviewed annually by:

- Director
- Employees
- Families
- Interested Parties

**Last reviewed: October 2023**

**Date for next review: November 2024**