



LIWARA CATHOLIC OUTSIDE SCHOOL HOURS CARE NUTRITION, FOOD, BEVERAGES AND DIETARY REQUIREMENTS POLICY

POLICY STATEMENT

At Liwara Catholic Outside School Hours Care we will ensure that children are offered adequate amounts of nutritious food and drinks at regular intervals while at OSHC or throughout the day during vacation care. We will also ensure that children have access to safe drinking water at all times.

The food and drinks provided by our service will take into account any dietary requirements of children including health, growth and development needs as well as cultural requirements and children's likes and dislikes.

RATIONALE

Mealtimes are recognised as an important opportunity to come together to share food and thoughts just as Jesus engaged in social activities around eating, drinking and sharing meals with his disciples and others. They form an important part of our daily program as a faith based service and will be treated as social occasions.

Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child (NQS Element 2.2.1). Good nutrition is essential to children's overall health and enables children to actively participate in play and leisure activities offered as part of our program.

PROCEDURES

Encouraging healthy eating

- We will ensure that children have regular opportunities to eat nutritious foods in order to maintain energy levels throughout the day. All food and drinks provided by our service will be consistent with the *Dietary Guidelines for Children and Adolescents in Australia* (NHMRC) 2003.
- While we encourage families to ensure children eat breakfast before arriving at the service, however breakfast will be provided to children between 7am – 8am as required.
- During vacation care the service will provide breakfast, lunch and afternoon tea. Children are encouraged to bring fruit or a healthy snack for morning tea.
- Children who attend after school care will be provided with afternoon tea and a late snack if required.
- While snack and meal times will be set to regular schedules individual needs will be accommodated and children who are hungry between meals may have additional snacks provided.
- While children will be offered and encouraged to try new foods they will not be made to eat foods they do not enjoy and will not be required to eat more food than they want.
- Snacks and meals will be balanced and varied in order to meet the needs of children within the group including those with particular dietary requirements. Portion sizes will be adequate in quantity and take into account children's growth and developmental needs.
- Where possible, fresh produce will be used in the preparation of meals.
- A weekly menu describing all meals, snacks and drinks will be developed by the service to ensure children receive a balanced diet.
- Educators are encouraged to engage in professional learning by attending training and / or reading professional resources to assist them in providing children with nutritious food choices.

Dietary requirements and family involvement

Families will be consulted about their child's dietary requirements relating to their specific needs, allergies, culture, religion, likes or dislikes in relation to food. Where children have specific dietary needs parents will be required to complete a *Special Diet Record* (see appendix 1) detailing foods to be avoided. Specific dietary needs will be recorded on children's enrolment form and communicated to staff. The supervisor will also discuss with families what mealtime practices can be accommodated within the service.

A copy of the menu will be displayed in a prominent position for families to see and they will be notified of any changes to the menu.

Families are welcome to request information about these menu items and the ingredients they contain.

Families are also encouraged to share traditional recipes and other cultural traditions.

The eating environment

- Social interactions will be encouraged during meal/snack times. Staff members will spend this time interacting with the children and model good eating and social habits.
- Children will be encouraged to use effective hand hygiene, prior to regular service meal times.
- To ensure safety, children will be encouraged to sit whilst eating and/or drinking.
- Children eating food at the service, outside the regular meal times of the service, will be encouraged to use effective hand hygiene and to sit while eating.
- Educators will sit with the children to encourage healthy eating and to model positive behaviour as well as social and self-help skills. Children will be encouraged to be independent where appropriate and assisted when required.

Serving of food

- Independence will be fostered by encouraging children to serve themselves food.
- If staff need to serve food to the children, tongs will be used.
- Staff will encourage children to be seated while eating and drinking.
- At meal/snack times, educators will encourage children to try different foods and to take appropriate portions

Preparation, storage and handling of food

- As a registered food preparation business we are required to comply with all requirements of the Food Act 2008 and are subject to routine food safety and hygiene assessments through the Joondalup Council.
- To ensure the health and safety of the children in our care our food preparation facilities will be maintained in a clean and hygienic manner at all times.
- All food and beverages will be stored, handled and prepared in a safe and hygienic manner with all staff trained in regard to safe practices for handling, preparing and storing food.
- Our staff will hold qualifications for food handling, hygiene and nutrition.

(See *Health and Hygiene Policy* for more information on preparing and handling food).

Please note: This policy has been developed in accordance with recommendations from the *Dietary Guidelines for Children and Adolescents in Australia* (NHMRC 2003).

REFERENCES

Australian Children's Education and Care Quality Authority (2012), *Education and Care Services National Law (WA) Act 2012*, ACECQA, NSW

Australian Children's Education and Care Quality Authority (2012), *Education and Care Services National Regulations* (WA) 2012, ACECQA, NSW.

Australian Children's Education and Care Quality Authority (2011), *The Guide to the National Quality Standard*, ACECQA, NSW. *Dietary Guidelines for Children and Adolescents in Australia* retrieved from https://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n34.pdf on the 22nd of January 2014.

Get Up and Grow Guidelines retrieved from <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources> on the 22nd of January 2014.

Nutrition for Children retrieved from <http://www.panosh.com.au/Resources/Nutrition-For-Children/Support-healthy-food-choices-in-OSHC> on the 22nd of January 2014.

FOR MORE INFORMATION

Review History		
Previous Review	Year of Review	Next Review
April 2017	May 2018	May 2019
May 2018	April 2020	April 2021