



# Nutrition, Food, Beverage and Dietary Requirements Policy

## BACKGROUND

High quality nutritional food is essential for the proper growth and development of children. Providing a balanced and nutritional diet assists children to develop healthy eating strategies and practices that can set the foundation for a child's future health and eating habits. OSHC services play a significant role in helping children develop positive attitudes and habits for healthy eating. OSHC services also offer an ideal opportunity to offer instruction relating to food handling and hygiene.

## POLICY STATEMENT

Holy Family Catholic School OSHC service considers nutrition to be a vital component in the healthy development of children. As part of our commitment to children's health, safety and wellbeing, we role model food safety and hygiene practices as well as supporting healthy food and beverage choices according to each child's individual needs. The service uses the Australian Dietary Guidelines as a basis for the service's policy and practices regarding nutrition.

## HOW THE POLICY WILL BE IMPLEMENTED

### 1. General

- Food and beverages are provided to the children as part of the program and will be done so with reference to the Australian Dietary Guidelines.
- Nutrition information, service policy and the Australian Dietary Guidelines will be available for families at the service.
- Food and beverages provided are nutritious, varied and of an appropriate serving size to meet their growth and developmental needs.
- Food and beverages supplied take into account the cultural, religious and health requirements of the children and families accessing the service.
- Children are encouraged to try new foods, but no child will be forced to eat something they do not like or which is inconsistent with their religious, cultural or dietary needs.
- Parents are reminded to pack their child's recess and lunch during Vacation Care with the Service providing an afternoon snack later in the day.
- Food will not be used as a punishment or reward.
- The service displays a weekly menu.
- Food and beverages are prepared and stored hygienically.
- Educators discuss healthy eating and nutrition as part of the program.
- Chilled drinking water is always available in the OSHC room.

### 2. Examples of Service procedure

- Breakfast will be available between 7:30 and 8:00am and will be provided by the service. Breakfast will include a range of cereals, wholemeal or gluten-free bread, cheese and milk including lactose-free options. The menu will be always displayed on the menu board.
- Afternoon tea will be available between 3:15 and 3:45pm. Afternoon tea varies but will include a range from dairy products, meats and poultrys and grain foods. Fruit or vegetables will be available daily. The menu will be displayed on the menu board on the given week.
- OSHC follows the Holy Family Catholic School Nut and Allergen Awareness Policy.

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- Children are allowed to eat appropriate food from their lunch boxes. Children will be reminded of making healthy choices if educators see a recurring pattern of unhealthy foods. If this continues, parent contact may be made.
- Families will be provided with the service’s nutrition policy through posters and pamphlets located prominently at the service.

**3. Other considerations**

- It is recognised that, on occasion, food and beverages supplied at the service may diverge from the guidelines for special purposes and celebrations and that families will be advised of such occasions.
- Children’s food allergies will be considered when creating the menu.
- The service focuses on a supply of fresh fruit and vegetables that are sourced locally wherever possible.
- Children will be encouraged to participate in meal/snack preparation and clean-up as part of the service’s life skills focus when possible.

**4. Roles and responsibilities**

**4.1 Educators will be responsible for:**

- Ensuring that the service has an adequate supply of nutritious food and beverages.
- Ensure adequate health and hygiene practices as well as safe premises equipment and practices for handling preparing and storing food in line with Australian food safety standards and any jurisdictional requirements and supervision of children should be facilitated.
- Ensure the child enrolment records include any special consideration of the child such as cultural or religious dietary restrictions as well as any health-related dietary restriction.
- Becoming familiar with children with food allergies and risk assessment plans are developed in accordance the child’s action plan.
- Ensuring that weekly menu is planned and displayed.
- Ensuring the weekly menu, foods and beverages available at the service comply with the Australian Dietary Guidelines.
- Ensuring families have access to the latest information regarding healthy eating and nutrition.
- Ensuring that chilled drinking water is always available in the OSHC room.
- Ensuring that meals and snacks are served on time.
- Ensuring food and beverages are never used as a reward or punishment.
- Ensuring appropriate hygiene practices are always followed.
- Promoting healthy eating.
- Maintaining ongoing communication with families and other members of staff (including the Nominated Supervisor) about any changes to children’s dietary requirements and ensure these changes are reflected in the mealtimes.
- Implementing and reflecting on program planning to:
  - promote healthy eating and knowledge of nutrition by children, e.g. eating with the children, conversations during mealtimes around food
  - promote healthy eating among families
  - involve children in decision-making about healthy food and beverage choices, e.g. having them assist with food preparation.

**4.2 Families and children will be responsible for:**

- Being familiar with the service policy and procedures.
- Notifying the service if their child has food allergies or develops food allergies. Should your children have a medical condition that can be impacted by food, work with the service to develop a Risk Minimisation Plan

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- Complying with any specific requests made by the Director and Educators.
- Offering information/feedback and comments to assist the team to meet the needs of individual children and families.
- Ensure the service is advised of their child’s dietary requirements – relating to their child’s growth and development needs, as well as any specific cultural, religious or health requirements – at the time of enrolment, and that this information is kept up-to-date
- If providing food and beverages from home, ensure these are nutritious and plentiful and follow the School’s Nut and Allergen Awareness policy e.g. that they do not contain allergens that could harm other children at the service

**5. Food handling**

- When involved in food preparation, children will be supervised and reminded to practice good hygiene and food handling practices.
- When serving food, tongs will be used, or gloves worn.
- Food preparation, eating areas and utensils will be cleaned after use.
- Food will be stored and kept at the correct temperature.
- All perishable food will be stored in the refrigerator. The refrigerator temperature will be monitored regularly to ensure it is less than 5°C.
- All perishable foods will be kept cold while transporting either in refrigerated transport or an insulated bag.
- All food will be stored in sealed containers.
- Ongoing food safety professional development will be provided for staff.

**6. Hygiene**

We will provide a healthy and hygienic environment that will promote the health of the children, staff, and parents. All people in the Service will follow preventative measures in infection control. Staff will ensure they maintain and model appropriate hygiene practices.

- Staff must wash their hands prior to preparing snack.
- All children prior to snack (whether they choose to eat or not) must wash their hands with soap and will be supervised by an educator
- Children and staff are encouraged to wash their hands regularly.
- Staff and children must wash their hands after any tasks that require them to get their hands dirty such as toileting, cleaning up any items, wiping a nose, before and after administering first aid, playing outside or handling an animal.
- Staff will maintain and model appropriate behaviour and encourage the children to adopt hygiene practices.
- All toilet facilities will have access to a basin or sink with running cold water, soap and paper towel or hand-dryers for washing and drying hands.
- Toilets, hand basins and kitchen facilities will be cleaned and disinfected daily.
- Female toilets will have access to proper feminine hygiene disposal.

**REFERENCES:**

- Quality Area 1 – Educational Program and Practice
- Quality Area 2 – Children’s health and safety
- Education and Care Services National Regulations (2011). R 77, 78, 79 & 80
- [Australian Dietary Guidelines](#)
- [Holy Family Catholic School Nut and Allergen Awareness Policy](#)

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