



NUTRITION AND ACTIVE PLAY POLICY

(M)

Mandatory – Quality Area 2

CSReg Div 2 - 46, 47, 48, 49

PURPOSE

The aim of this policy is to ensure that:

- The Outlets Co-operative Neighbourhood House LTD directive regarding appropriate and suitable foods for consumption encourages healthy eating habits and covers nutritional needs of children according to their age.
- To provide children with food that has been prepared, served and stored in a safe and hygienic manner
- To provide an eating environment that promotes family and multicultural values as well as the individual needs of each child.
- To avoid or minimise the risk of children with allergies or anaphylaxis from having a reaction.
- This policy will provide guidelines for the provision of safe food that is of nutritional benefit to the children.
- Parent/Guardian encouraged to pack healthy snacks and meals for their children.
- Ensure NO foods shared – unless it is a celebrated occasion (*refer to Celebration Policy*)

SCOPE

This policy applies to parents/guardian, the Committee of management, Approved Provider, Nominated Supervisor, Day-to-day Supervisor, placements, staff and volunteers involved the preparation and provision of food that will be consumed by children at this service.

NB: Outlets Co-operative Neighbourhood House LTD does not prepared weekly menus nor meals for children.

Parents/Guardians are to supply their children's meals, snacks.

Background and Relevant Legislation

A child's early years are a crucial time for mental and physical development. It's also a time when eating habits for a lifetime are formed. Childcare services play a vital role in ensuring that a child's daily health and nutritional needs are met considering they could spend as much as 15 - 27hrs per week in our centres care.

- Children's Services Regulations (VIC) 32/2020 (Div 2 - Reg:46, 47, 48, 49)
- Children's Services Act 1996
- The Health Act 2018
- Occupational Health and Safety Act 2004
- Food Act 1984 (VIC)

DEFINITION

Nutrition: the process of taking in the food or other substances necessary for growth, health and good condition

Safe and Hygienic manner: protected at all times from contamination

Anaphylaxis: A severe rapid and potentially fatal allergic reaction that involves the major body system, particularly breathing and circulation system.

Allergies: An immune system response to something that the body has identified as an allergen.

Food: in this case relates to consumable foods and fluids.

PROCEDURE

The Approved Provider, MoC shall ensure the following:

- The Committee of Management is responsible for the implementation of this policy and approving any future changes
- The staff are responsible for the everyday implementation of this policy on a day-to-day basis.
- That parents/guardians are aware that they need to provide sufficient food for their child on the day in a container clearly labelled with their child's name.



- The parents are responsible for providing relevant information to staff regarding their child dietary requirements and allergies.
- That parents are aware of appropriate and suitable foods for consumption as well as other policies that may relate to this.

The Approved Provider, Nominated Supervisor, Educators responsible for the care of the children shall ensure the following:

- that any child who has not been provided with snacks, lunch and/or drinks are provided with something to satisfy their needs and is in accordance with their dietary requirements and/or restrictions and allergies as documented on their enrolment form.
- Monitor children with food allergies closely, in order to prevent contact with, or consumption of foods to which they are allergic (refer to anaphylaxis policy)
- Provide guidelines to parent/guardians, regarding the appropriate food for their child to bring with them for morning tea, lunch and afternoon tea.
- That children are offered regular opportunities to eat in accordance with their age and individual needs.
- That food is stored, prepared and served safely and hygienically.
- That staff and children follow personal hygiene routines eg. Hand washing before eating.
- That parents are informed if their child is not eating well or have an increase in appetite.
- That the white board on the wall of the crèche indicates to parents of babies and infants when they were last fed and the amount of fluid they consumed.
- Any child diagnosed with a **known allergy or special dietary requirement or restriction** has this **displayed clearly** on the white board/wall so as all Educators, Staff, Volunteers, persons responsible for the child's care are aware of this.

Parents/Guardians will ensure that they:

- Send an adequate amount of nutritious food along with their child consistent with the parental guidelines.
- Clearly label all food and containers with the child's name.
- Be required to list any specifies dietary requirements and food allergies on their enrolment form and to discuss
- these with a qualified staff member
- Notify the service of any changes which may occur to their dietary requirements after the enrolment form has been
- completed (continuously update staff and notify them of any changes)
- Comply with the guidelines regarding any food and drinks to be sent to the service for the child's lunch or snack
- Consult with the childcare worker as to appropriate foods, which may be bought along for celebrations

Approved Provider, Nominated Supervisor, Educators will ensure that children will:

- Have access to water whenever it is needed/requested
- Be encouraged to develop independence in managing utensils that are used for pouring, drinking and eating
- Be given opportunities to participate in food related activities, ensuring correct hygiene procedures are followed
- Be offered foods that respect their religious, cultural or other requirements of the parent/guardian
- Be offered a safe and hygienic setting in which to consume their food. CS Regulations (VIC) Reg.4



4. Related Documents and Policies

Child Enrolment procedure

Parent Information Handbook

Anaphylaxis policy

Anaphylaxis checklist for a child at risk of anaphylaxis

Anaphylaxis Risk Management Plan

Celebrations Policy

Nut Free Centre Policy – Centre does not have NUT FREE POLICY, encourages NUT FREE practices

“Healthy eating Pyramid” - by Nutrition Australia

“Healthy eating for kids” – www.betterhealth.vic.gov.au

AUTHORISATION

This policy was adopted by the Approved Provider of Outlets Co-operative Neighbourhood House LTD on July 2019

REVIEW DATE: 23/05/2023