

Document Name	Document Version Number	Review Date
Nutrition, Food, Beverages and Dietary Requirements Policy	1.0.0	March 2021
Date Adopted	Minute Number	Status
25 September 2019	5403	New Policy

Purpose

- This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.
- The service is committed to implementing the healthy eating key messages outlined in Munch & Move and to supporting the National Healthy Eating Guidelines for Early Childhood Settings as outlined in the Get Up & Grow resources.
- Further, we recognise the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

Scope

Approved Provider, Nominated supervisor, educators, casual staff and families

RELATED GUIDELINES, STANDARDS, FRAMEWORKS

National Quality Standard, Quality Area 1: Educational Program and Practice – Standards 1.1, 1.2, 1.3

National Quality Standard, Quality Area 2: Children’s Health and Safety – Standards 2.1, 2.2

National Quality Standard, Quality Area 3: Physical Environment – Standards 3.1, 3.2

National Quality Standard, Quality Area 4: Staffing Arrangements – Standards 4.1, 4.2

National Quality Standard, Quality Area 5: Relationships with Children – Standards 5.1,5.2

National Quality Standard, Quality Area 6: Collaborative Partnerships with Families and Communities – Standards 6.1, 6.2

National Quality Standard, Quality Area 7: Governance and Leadership – Standards 7.1, 7.1.2

Definitions

Our service recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care.

Policy Content

- Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011.
- Allocate finances for training and food safety.
- Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required.
- Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
- Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the service to minimise risks to children.
- Ensure children being cared for by the service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day.
- Ensure that, where food and beverages are supplied by the service, they are:
 - » nutritious and adequate in quantity
 - » chosen with regard to the dietary requirements of individual children
- Ensure that, where food and beverages are provided by the service, a weekly menu that accurately describes the food and beverages to be provided is displayed at the premises in a location accessible to parents.

Links to Policy

Providing a Child Safe Environment

Links to Procedure

Nutrition, Food, Beverages and Dietary Requirements Procedure

Links to Forms

NIL

References

Australian Children's Education and Care Quality Authority (ACECQA) – www.acecqa.gov.au

Healthy Kids NSW – www.healthykids.nsw.gov.au < Nutrition Australia – www.nutritionaustralia.org

Food Standards Australia New Zealand – www.foodstandards.gov.au

Responsibility

Nominated Supervisor

Document Author

Nominated Supervisor

Relevant Legislation

Education and Care Services National Law Act 2010: Section 167

Education and Care Services National Regulations: Regulations 78-80

Work Health and Safety Act 2011

Associated Records

Nil