

# Food, Nutrition and Beverage Policy

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## NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
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## National Regulations

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	79	Service providing food and beverages
	80	Weekly menu
	90	Medical conditions policy
	91	Medical conditions policy to be provided to parents
	162	Health information to be kept in enrolment record
	168	Education and care service must have policies and procedures

## EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Children are happy, healthy, safe and connected to others.
	Children show an increasing awareness of healthy lifestyles and good nutrition.
	Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
	Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators model and reinforce health, nutrition and personal hygiene practices with children.

## Aim

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support and provide for children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices.

## Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy

Medical Conditions Policy

The Nominated Supervisor, educators, staff, volunteers and students will:

- ensure children have access to water and offer them water regularly during the day.
- ensure children are offered foods and beverages throughout the day that meet their nutritional and developmental needs and any specific dietary requirements. These requirements may be based on written advice from families (eg in the enrolment form) or as part of a child's medical management plan.
- provide foods that take into account each child's likes, dislikes, culture and religion. Families will be reminded to update this information regularly or when necessary.
- ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, are provided with food. Educators will not force children to eat food they do not like or more than they want.
- ensure food is consistent with the Government's -

- Australian Dietary Guidelines 2013

<http://www.nhmrc.gov.au/guidelines/publications/n55>

A Summary of the Guidelines is available at

[http://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/n55a\\_australian\\_dietary\\_guidelines\\_summary\\_book\\_0.pdf](http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_book_0.pdf)

and/or

- Infant Feeding Guidelines 2012

[http://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/n56\\_infant\\_feeding\\_guidelines.pdf](http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n56_infant_feeding_guidelines.pdf)

A summary of the Infant Feeding Guidelines is available at

<http://www.nhmrc.gov.au/guidelines/publications/n56>

- follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government "eat for health" calculator <http://www.eatforhealth.gov.au/eat-health-calculators>.
- encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating

- provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- provide food and beverages that minimise the risk of children choking.
- provide families with daily information about their child's food and beverage intake and related experiences.
- provide a weekly menu of food and beverages based on the Australian Dietary Guidelines that accurately describes the food and beverages provided every day.
- display the weekly menu in a prominent area where it can be easily viewed by parents.
- feed babies individually.
- provide age and developmentally appropriate utensils and furniture for each child.
- ensure meal times are relaxed, pleasant and timed to meet most children's needs.
- integrate learning about food and nutrition into the Curriculum.
- never use food as a punishment, reward or as a bribe.
- encourage toddlers and young children to develop their sense of agency by feeding themselves independently and developing their social skills at meal times.
- model and reinforce healthy eating habits and food options with children during eating times.

The Nominated Supervisor will ensure staff receive training in nutrition, food safety and other cultures' food customs if professional development in these areas is required.

## **Breastfeeding, Breast Milk and Bottle Warming**

Healthy lifestyles and good nutrition for each child is paramount. We encourage all families to continue breast feeding their child until at least 12 months in line with recommendations by recognised authorities, and will feed children breast milk supplied by their families.

### **Educators and mothers who breastfeed at the Service**

We support mothers who wish to breastfeed at the service by providing a quiet, relaxing place with a comfortable chair for mothers to breastfeed or express milk. Educators will take into account mothers' preferences for privacy

All reasonable efforts will also be made to support educators who continue breastfeeding their child when they (return to) work at the service. For example, an educator returning from maternity leave may have a meeting with the Nominated Supervisor to discuss:

- more flexible work arrangements
- the provision of lactation breaks for the educator to express milk or breastfeed her child. Educator to child ratios will not be compromised during these breaks.

### **Breast milk procedure**

Breast milk that has been expressed should be brought to the service in a clean sterile container labelled with the date of expression and the child's name. We encourage families to transport milk to the service in cooler bags and eskies. Educators will:

- put the breastmilk in the fridge as soon as families arrive at the Service
- refrigerate the milk at 4° Celsius until it is required
- warm and/or thaw breastmilk by standing the container/bottle in a container of warm water
- test the temperature of the milk before giving it to the child
- consult individual families for instructions if they do not have enough breast to meet the child's needs that day
- return any unused breastmilk to families when they collect their child. Educators will not store unused milk at the service.

### **Safe Storage and Heating of Babies Bottles (Please display)**

Our service will not use microwaves because milk may not heat evenly.

- **Hot water:**  
Our service will use hot water placed in a spill proof bowl or container to warm bottles. Bottles will not be left in the water for longer than 10 minutes.  
The bottles will only be warmed in the kitchen which has a gated entry so children cannot enter and the hot water is safely away from the children.

## **Sources**

**Education and Care Services National Regulations 2011**

**My Time, Our Place Framework for School Age Care**

**National Quality Standard**

**Safe Food Australia, 2nd Edition. January 2001**

**Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood**

**Infant Feeding Guidelines 2012**

**Australian Dietary Guidelines 2013**

**Eat for health: Dept Health and Ageing and NHMRC**

**Food Standards Code**

**Food Safety Standards [www.foodstandards.gov.au](http://www.foodstandards.gov.au)**

**Food Safety Standards for Australia 2001**  
**Food Standards Australia and New Zealand Act 1991**  
**Food Standards Australia New Zealand Regulations 1994**  
**Food Act 2008**  
**Food Regulation 2009**  
**Department of Health: Food Regulation**  
**Occupational Health and Safety Act 1984**  
**Occupational Health and Safety Regulations 1996**  
**Australian Breast Feeding Association Guidelines**  
**Staying Healthy: preventing infectious diseases in early childhood education and care services**

## **Review**

The policy will be reviewed annually by:

- Management
- Employees
- Families
- Interested Parties

**Last reviewed: <insert date here>**

**Date for next review: <insert date here>**

## **Sources**

**Education and Care Services National Regulations 2012**  
**Early Years Learning Framework**  
**National Quality Standard**  
**Food Standards Australia New Zealand**  
**Safe Food Australia, 2nd Edition. January 2001**  
**Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood**  
**Infant Feeding Guidelines 2012**  
**Australian Dietary Guidelines 2013**  
**Eat for health: Dept Health and Ageing and NHMRC**  
**Food Safety Standards for Australia 2001**  
**Food Standards Australia and New Zealand Act 1991**  
**Food Standards Australia New Zealand Regulations 1994**  
**Food Act 2008**  
**Food Regulation 2009**  
**Department of Health: Food Regulation**  
**Occupational Health and Safety Act 1984**  
**Occupational Health and Safety Regulations 1996**

**Dental Association Australia  
Australian Breast Feeding Association Guidelines  
Start Right Eat Right Dept Health SA**

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