



Food Nutrition Policy

Rationale

Providing healthy food and drink is essential to the growth and wellbeing of all children.

Purpose

- To ensure the health and growth of the children by providing healthy food and drink from the four major food groups.
- To teach the children about the links between eating healthy and being healthy.
- To inform parents of the Centre's healthy eating practices.
- The Centre has a role in helping to create a culture of healthy eating and to help children.

Guidelines

- All staff and children will use good food hygiene practices, as per our hand washing procedure.
- Procedures and processes should be in place to manage children affected by food allergies or intolerances. Parents/caregivers are consulted and given the opportunity to express dietary preferences for their children. A team approach with the child's family, doctor and/or dietician is used to ensure the child does not receive allergens while at the centre.
- The menu provides foods which fit with the food and beverage classification system with *everyday foods* dominating the menu. *Occasional foods* and drinks that are high in energy, saturated fat and/or salt should be limited.
- Staff will encourage children to serve their own food with adult help.
- Fruit will be served with morning and afternoon tea with water/ milk. Water is available to the children throughout the day and with each meal. Cups are provided for children under two years of age, they will be monitored and assisted as required.
- Staff will sit with the children at meal times and encourage children to taste all food to encourage healthy eating practices.
- The menu is displayed for parents to view and a diary of all food prepared and served is to be kept daily.
- Centres are required to maintain a record (for up to three months after the food is served) of all food provided by the service, showing the type of food provided to the children. This record is available for inspection on request.

There are special considerations for babies and toddlers (0-2 years):

- Until an infant is six months old, breast milk or infant formula will supply all the nutrients they need. Breast milk or infant formula remains the most important nutrient source for the first year of life. Complementary foods are introduced when children are deemed ready.
- The variety and texture of foods offered should be increased as the child develops.
- This is done in conjunction with parents.