



## Food, Nutrition and Beverage Policy

### NQS

QA2	2.1	Each child's health is promoted.
	2.1.1	Each child's health needs are supported.
	2.2.1	Healthy eating is promoted and food and drinks provided by Little Souls are nutritious and appropriate for each child.

### 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

Little Souls aims to promote healthy lifestyles, good nutrition and the wellbeing of all of children,

educators and families using procedures and policies. We also aim to support and provide adequately for children with food allergies, dietary requirements and restrictions and specific cultural and religious practices. This dietary information will also be provided to families so they can plan healthy home meals for their child.

## Related Policies

Additional Needs Policy  
Enrolment Policy  
Health, Hygiene and Safe Food Policy  
Immunisation and Disease Prevention Policy  
Incident, Injury, Trauma, Illness Policy  
Medical Conditions Policy  
Physical Activity Promotion Policy  
Relationships with Children Policy

## Implementation

Little Souls has a responsibility to help children attending Little Souls to develop good food habits and attitudes. By working with families and all educators, we will also positively influence each child's health and good nutrition at home. As stated in the *National Regulations (Regulation 79 [4])*, we recognise that these requirements do not apply to food or a beverage provided by a parent of family member for consumption by their child at Little Souls.

In order to achieve these habits and attitudes, the Approved Provider and the Nominated Supervisor, who is responsible for overseeing all educators, will –

### In relation to the provision of food and beverages

- Ensure children have access to, and are encourage to access, safe drinking water at all times.
- Ensure children are offered foods and beverages throughout the day that are appropriate to their nutritional and specific dietary requirements.
- Children who do not eat during routine meal times or children who are hungry will be provided with foods at periods other than meal times or snack times.
- Ensure food is consistent with Little Soul's menu that is based on the Australian Government's -

***Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood***  
***(<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-child-cookbook>)***

**And/or**

***Dietary Guidelines for Children and Adolescents in Australia***

***([http://www.nhmrc.gov.au/\\_files\\_nhmrc/publications/attachments/n34.pdf](http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n34.pdf))***

- Families that provide the child's lunch will be encouraged to provide food using these Guidelines.
- Provide food that is hygienic by following the relevant policies and procedures set out in the Health, Hygiene and Safe Food Policy.
- Ensure foods and beverages have a reduced risk of choking.
- Families will be provided with daily information about their child's food and beverage intake and related experiences.
- Provide a weekly menu of food and beverages that are based on the Australian Dietary Guidelines to ensure the provision of food and beverages is nutritious and adequate in quantity.
- The weekly menu must be displayed in an accessible and prominent area for parents to view. We will also email the menu's out to families weekly.
- The weekly menu must accurately describe the food and beverages provided each day of the week.
- Present food attractively.

**In relation to promoting healthy living and good nutrition**

- Develop health and nutrition awareness and act to the best of our abilities on cross-cultural eating patterns and related food values.
- Make meal times relaxed and pleasant and timed to meet the needs of the children. Educators will engage children in a range of interesting experiences, conversations and routines.
- Discuss food and nutrition with the children.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Encourage toddlers to be independent and develop social skills at meal times.
- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes.

- Encourage educators to present themselves as role models. This means maintaining good personal nutrition and eating with the children at meal times when possible.
- Ensure at least one staff member completes a Food Safety Supervisor Course.
- Develop a Food Safety Program.
- Provide nutrition and food safety training opportunities for all educators including an awareness of other cultures food habits.

## • **Breastfeeding**

### **Educators who Breastfeed at Little Souls**

- Little Souls recognises the importance and benefits of breastfeeding and that many women will return to work before they wish to wean their children. Requests for allowances to be made for educators to continue breastfeeding once they have returned to work at Little Souls will be treated sympathetically and reasonably and all efforts will be made to support the educator in her choice to continue breastfeeding her child.

## **Sources**

**Education and Care Services National Regulations 2011**

**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**

**Dietary Guidelines for Children and Adolescents in Australia.**

**Australian Guide for Healthy Eating**

**Food Safety Standards for Australia 2001**

**Food Standards Australia and New Zealand Act 1991**

**Food Standards Australia New Zealand Regulations 1994**

**Food Act 2003**

**Food Regulation 2004**

**Occupational Health and Safety Act 2000**

**Occupational Health and Safety Regulations 2001**

**Dental Association Australia**

**Infant Feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003)**

**Feeding and Nutrition of Infants and Young Children (World Health Organisation, 2000)**

**Australian Breast Feeding Association Guidelines**

## **Review**

The policy will be reviewed annually.

The review will be conducted by:

- Management
- Employees
- Families
- Interested Parties

**Last reviewed: November 2015**

**Date for next review: November 2016**