

The Kinder Garden



Nutrition/Food/Beverages/Dietary Requirements (Offsite Prepared) Policy

Aim

Children in long day care can receive 50% - 70% of their daily food intake whilst at the service. It is therefore essential that the service provides information to parents so that adequate nutrition is provided to the children in proportion to the time spent in care. The Kinder Garden aims to provide food, and beverages, as well as food and nutritional education that is consistent with the national dietary guidelines for children and adolescents and national infant feeding guidelines. The service will follow state regulation, food safety principles, national dietary guidelines that are appropriate to the child's age, cultural background or medical needs.

Legislative Requirements

Education and Care Services National Law Act 2010
Education and Care Services National Regulations 2011
National Quality Standards 2011
Work Health and Safety Act 2011
Work Health and Safety Regulations 2011
Food Standards Australia New Zealand Act 1991
Food Standard Australia New Zealand Regulations 1994
Food Safety Act 1989 (NSW)
Food Act 2003
Food Regulation 2010 (NSW)

Who is affected by this policy?

Children
Staff
Educator
Families
Management

Implementation

The Kinder Garden Engadine engages with the childcare catering service Kids Gourmet Food to enable the provision of all meals on site.

It is the Service's responsibility to help children and parents/guardians develop good food attitudes and habits.

In order to achieve this, The Kinder Garden will:

- Provide a menu consistent with the Australian Dietary Guidelines.
- Provide Water and Milk as the only beverages served throughout the day.
- Provide Water at all times to the children throughout the day.
- Cater to the individual needs of children in relation to culture, vegetarianism, allergies and any medical conditions.
- Present food in an attractive manner.
- Develop an awareness of cross-cultural eating patterns and related food values.
- Provide safe food, i.e. hygienically sound and with reduced risk of choking.
- Ensure meal times are relaxed, pleasant and timed to meet the needs of the children.
- Discuss food and its nutritional value with the children.
- Prohibit the use of food as punishment, reward or bribe.
- Prohibit any form of force feeding.
- Encourage independence and social skills at meal times.
- Establish healthy eating habits in the children by the incorporation of nutritional education into the program.
- Communicate with parents/guardians about their child's food intake, i.e. to display the menu for the nursery, eat/sleep chart, and report any concerns regarding children's eating habits.
- Inform parents/guardians of children's nutritional needs through posters and information.
- Provide safe drinking water to children and educators/staff at all times, and ensure children have adequate fluid intake during their care.
- Parents are encouraged to follow up the "healthy eating" message at home. This policy and information provided to parents/guardians throughout their child's enrolment will support the parents/guardians in doing this.

- Motivate educators/staff to present themselves as role models, maintaining good personal nutrition, and to eat with the children at meal times.
- Provide nutrition and food safety training opportunities for all educators/staff including awareness of culturally diverse foods and preparation.
- Provide training to educators/staff in regards to understanding and handling eating behaviors of children (including refusal of food by children).

The special needs of infants will be considered, the service will:

- Encourage and support mothers with infants to continue to breast feed as long as possible.
- If infants need extra fluids, cooled boiled water will be provided.
- Provide a supportive environment for breast feeding mothers to use while visiting the Service.
- Encourage introduction of solid foods between four to six months.
- Provide gluten free cereal, pureed vegetables, and pureed fruits as first solids.
- Introduce iron containing foods such as meat, poultry, fish, legumes and whole grain cereals between 6 to 9 months.
- Provide a suitable range of food textures according to age and development of the infant.
- Encourage the use of a cup rather than a bottle from 12 months of age.

Transportation of Food to Centre:

- Food will be stored in adequate hot/cold storage containers to ensure that the food remains at the appropriate temperature, below 5°C for cold food, above 60°C for hot food.
- Management will be notified if the food does not arrive at the appropriate temperature, and the food will not be served to the children.
- All food will be adequately protected to ensure that it is not contaminated by dust, insects or other sources.
- Raw food will be stored and handled separately to avoid cross contamination with bacteria.
- Food handlers will be adequately trained in food safety and personal hygiene.

The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.

Sources

Education and Care Services National Law Act 2010

Education and Care Services National Regulations 2011

Guide to National Quality Standards 2011

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Healthy Kids www.healthykids.gov.au Retrieved 3rd February 2017

Better Health Channel www.betterhealth.vic.gov.au Retrieved 3rd February 2017

NSW Health www.mhcs.health.nsw.gov.au Retrieved 3rd February 2017

NSW Food Authority www.foodauthority.nsw.gov.au Retrieved 3rd February 2017

National Health & Medical Research Council www.nhmrc.gov.au Retrieved 3rd February 2017

Nutrition Australia www.nutritionaustralia.org/ Retrieved 3rd February 2017

Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed: February 2017

Date for next review: February 2018