

## Nutrition

### Policy Statement

Children must be supported in making healthy eating choices and provided with an environment and opportunities that promote healthy eating.

Meals provided by Kids Biz will be healthy, balanced, varied, age appropriate and consistent with Dietary guidelines for children and adolescents in Australia, and will accommodate specific dietary requirements that individual children may have.

During Vacation Care families provide all meals for their children and will be encouraged to ensure the provided meals meet Kids Biz OSHC Healthy Eating Guidelines.

This policy has been developed in consultation with families, staff and the Management Team based on information from recognised health authorities including Nutrition Australia, ACT Health and the Heart Foundation.

### Policy Considerations

- My Time Our Place Framework
- Education and Care Services National Law Act, 2010 and Regulations 2011
- Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003)
- National Quality Standards

### Procedure

#### Healthy Eating

- Recommended food
  - Information about healthy food choices will be gathered from recognized authorities i.e. dietary guidelines for children & adolescents in Australia (NHMR) 2003
- The Service Coordinator is responsible for the regular review of this policy and ensuring that the Service is aligned with up-to-date nutrition information from recognised nutrition authorities.

#### Provision of Healthy and Varied Food Choices

We will:

- provide food which is healthy, balanced, varied, age appropriate and consistent with Dietary guidelines for children and adolescents in Australia (NHMR) 2003;
- provide food which includes a good balance of fresh foods, as opposed to pre-packaged and prepared foods;
- as far as reasonable provide food that meets the dietary needs of children with special dietary needs of which Kids Biz OSHC has been made aware, or becomes aware of;
- encourage children, staff and parents to contribute ideas for the menu;
- advise parents/guardians in advance of the upcoming fortnightly menu;
- discuss with all parents any food allergies and restrictions (including cultural or religious) which are required by the parent to be enforced at the Service;  
*Dietary requirements will be managed as outlined in the Kids Biz OSHC Food Safety Policy.*
- seek to accommodate all such reasonable nutritional needs of a child by giving appropriate directions to staff in relation to that child; and

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Where children have special dietary needs which is not reasonable that the Service meet, staff will consult with parents and where necessary the meal will be supplied from home.

- Encourage parents who provide food to provide food for their child that is considered healthy.

### The Eating Environment

- Social interactions will be encouraged during meal/snack times. Staff members will spend this time interacting with the children and model good eating and social habits.
- Children will be encouraged to use effective hand hygiene prior to regular Service meal times.
- Children will be encouraged to sit whilst eating and/or drinking.
- Children eating food at the Service, outside the regular meal times of the Service will be encouraged to use effective hand hygiene and to sit while eating.

### Serving of Food

- Independence will be fostered by encouraging children to serve themselves food.
- At meal/snack times, staff will encourage children to try different foods and to take appropriate portions.
- Food will be served in accordance with the Kids Biz OSHC Food Safety Policy.

### Involving Children

- Children are consulted when planning the menu.
- Children are encouraged to be involved in preparing and serving food and staff facilitate this through 'serve-yourself' routines and activities such as breakfast meals.
- Staff will encourage and involve children in conversations and routines that promote healthy eating and good nutrition.

### Drinking Water

- The Coordinator will ensure that the children have ready access to cool drinking water.
- Staff will encourage children to drink extra water during the summer months.
- Staff will remind parents to provide children with extra water to take with them on excursions.

### Diverse Cultural Experiences

- Food provided includes food from various cultures particularly those represented in the Service and local community. Families from other cultures within the Service or wider community may be invited to participate in the program, providing children with food experiences from their own culture.

Food awareness activities will be chosen from a variety of cultures and may include:

- Different ways of serving the food (i.e. chopsticks);
- Different varieties of foods (e.g. feta cheese instead of cheddar);
- Foods that may have significance within their culture (e.g. Anzac biscuits and their origin).

### Communication with Families

- The food provided by the Service is planned in advance and menus are available on our website and displayed in a prominent place for parents and children.
- Parents are informed of any changes to the menu.
- When parents provide food for their children they are encouraged to provide healthy food and drink choices.
- The Service provides relevant dietary information for parents.
- If a child has special food needs e.g. cultural requirements or food allergies the Service will work with parents to develop a plan to meet the child's needs. Parents will inform the Service of any changes.

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- Parents are invited to contact the Coordinator at any time to discuss any comments or concerns or feedback in relation to the Nutrition Policy, and of their child's particular dietary requirements for health or other reasons.
- Families are encouraged to discuss and provide input to the Healthy Eating Policy

### Professional Development

- The Management Team will ensure that staff are provided with adequate training and instruction in relation to food handling and storage procedures.
- Staff will be encouraged to attend professional development on food and nutritional related issues.
- The Service will ensure that information and/or fact sheets relating to food safety and nutrition are readily available for staff.

### Food Experiences

Awareness of food related experiences will ensure:

- Food will not be used in the Service as punishment or reward for children.
- Staff will encourage children to learn about food and nutrition.
- Children are engaged in conversations about healthy lifestyles and good nutrition.
- Children are included in Service meal routines.

### Document Version Control

Version Date	Changes
05/12/2018	Full review
27/08/2019	Document version history added
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14/07/2020	Full review

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