

# NUTRITION POLICY

The service will provide families with up-to-date information on dietary requirements of young children to ensure optimal growth and development and provide families with opportunities to discuss ways to maximise the health and well-being of their child/ren.

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
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
160	Child enrolment records to be kept by approved provider and family day care educator
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures
170	Policies and Procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

## RELATED POLICIES

Administration of First Aid Policy Child Safe Environment Policy Control of Infectious Diseases Policy Enrolment Policy	Excursions / Events Policy Governance Policy Incident, Injury, Trauma and Illness Policy Medical Conditions Policy
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## PURPOSE

The Educators of Central Shoalhaven Mobile Preschool will role model healthy lifestyles and good nutrition and encourage young children to make healthier food choices. This will contribute to allowing children to thrive physically, socially, and intellectually, and provide children the tools to make balanced choices and live a balanced lifestyle.

## SCOPE

This policy applies to children, families, staff, management, and visitors of the Service.

## IMPLEMENTATION

Our service aims to:

- role model healthy eating and activity throughout the day to all children and families
- promote the six key Munch and Move messages to promote healthy, active habits in children from a young age
- provide information regarding the Dietary Guidelines for Children and adolescents in Australia; and
- support families in educating their children about healthy food choices.

We will provide families with information to quality sites for ideas on packing a healthy lunchbox through parent pockets, links to websites, newsletters, enrolment pack and verbal communication.

Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating:

- Implemented learning experiences will be guided by the EYLF principles and incorporate the child's identity
- Families will be provided with current information about recommended guidelines around dietary requirements, screen time and physical activity.

### Professional Development of staff and educators

- All educators will attend Munch and Move professional development training or receive similar training and information
- All educators will have access to the Healthy Eating and Physical Activity Guidelines for Early Childhood Settings.

#### THE APPROVED PROVIDER WILL:

- Ensure that all children have access to safe drinking water at all times
- Ensure that all children are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day
- Ensure that educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing, and storing food to minimise risks to children being educated and cared for by the service.

#### THE NOMINATED SUPERVISOR WILL ENSURE THAT:

- All children will have access to safe drinking water at all times
- All children are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day
- Food and beverages provided are nutritious and adequate in quantity, in consideration of growth and development needs, any known food allergies and intolerances of specific children, and in line with recommended dietary guidelines, and will take into consideration each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements
- Educators and staff implement adequate health and hygiene practices and use safe practices for handling, preparing, and storing food to minimise risks to children
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.

#### STAFF AND EDUCATORS WILL ENSURE THAT:

- Healthy eating is promoted through role modelling and eating with the children; - Children are encouraged to make healthy food choices
- All mealtimes are positive, relaxed, and social
- Children are positively involved in mealtimes
- They implement adequate health and hygiene practices and use safe practices for handling, preparing, and storing food to minimise risks to children
- Ensure that as per the Medical Conditions Policy the centre shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.

#### SOURCE

Education and Care Services National Law Act 2010  
 Education and Care Services national Regulations 2011  
 Guide to the National Quality Standard 2011  
 WorkCover NSW [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)  
 NSW Food Authority [www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)  
 Staying Healthy in Child Care, 5<sup>th</sup> Edition  
 Food Safety Standards [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

#### REVIEW

POLICY REVIEWED	APRIL 2022	NEXT REVIEW DATE	APRIL 2023
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