

Food, Nutrition and Beverage Policy

NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
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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

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support and provide for children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices.

Related Policies

Additional Needs Policy

Enrolment Policy

Health, Hygiene and Safe Food Policy

Medical Conditions Policy

The Nominated Supervisor, educators, staff, volunteers and students will:

- ensure children have access to water and offer them water regularly during the day.
- ensure children are offered foods and beverages throughout the day that meet their nutritional and developmental needs and any specific dietary requirements. These requirements may be based on written advice from families (eg in the enrolment form) or as part of a child's medical management plan.
- provide foods that take into account each child's likes, dislikes, culture and religion. Families will be reminded to update this information regularly or when necessary.
- ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, are provided with food. Educators will not force children to eat food they do not like or more than they want.
- ensure food is consistent with the Government's Australian Dietary Guidelines 2013 and Infant Feeding Guidelines. The Guidelines and Summaries are available on the NHMRC website <https://nhmrc.gov.au/>
- follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government "eat for health" calculator <http://www.eatforhealth.gov.au/eat-health-calculators>.
- encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating
- provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- provide food and beverages that minimise the risk of children choking.
- provide families with daily information about their child's food and beverage intake and related experiences.
- display the weekly menu in a prominent area where it can be easily viewed by parents. We will also display nutritional information for families and keep them regularly updated.
- feed babies individually.

- provide age and developmentally appropriately utensils and furniture for each child.
- ensure meal times are relaxed, pleasant and timed to meet most children's needs.
- integrate learning about food and nutrition into the Curriculum.
- never use food as a punishment, reward or as a bribe.
- encourage toddlers and young children to develop their sense of agency by feeding themselves independently and developing their social skills at meal times.
- model and reinforce healthy eating habits and food options with children during eating times.

The Nominated Supervisor will ensure staff receive training in nutrition, food safety and other cultures' food customs if professional development in these areas is required.

Breastfeeding, Breast Milk and Bottle Warming (0-2yrs)

Healthy lifestyles and good nutrition for each child is paramount. We encourage all families to continue breast feeding their child until at least 12 months in line with recommendations by recognised authorities, and will feed children breast milk supplied by their families.

Educators and mothers who breastfeed at the Service

We support mothers who wish to breastfeed at the service by providing a quiet, relaxing place with a comfortable chair for mothers to breastfeed or express milk. Educators will take into account mothers' preferences for privacy. A sign will also be placed on the door when a mother is using the facilities.

All reasonable efforts will also be made to support educators who continue breastfeeding their child when they (return to) work at the service. For example, an educator returning from maternity leave may have a meeting with the Nominated Supervisor to discuss:

- more flexible work arrangements
- the provision of lactation breaks for the educator to express milk or breastfeed her child. Educator to child ratios will not be compromised during these breaks.

Breast milk procedure

Breast milk that has been expressed should be brought to the service in a clean sterile container labelled with the date of expression and the child's name. We encourage families to transport milk to the service in cooler bags and eskies. Educators will:

- put the breastmilk in the fridge as soon as families arrive at the Service
- refrigerate the milk at 4° Celsius until it is required

- warm and/or thaw breastmilk by standing the container/bottle in a container of warm water
- test the temperature of the milk before giving it to the child
- consult individual families for instructions if they do not have enough breastmilk to meet the child's needs that day
- return any unused breastmilk to families when they collect their child. Educators will not store unused milk at the service.

Safe Storage and Heating of Babies Bottles (Please display)

Our service will use microwaves to heat Infant Formula/Cow's Milk

OR

Our service will not use microwaves because milk may not heat evenly.

Microwave Instructions (Please display)

We recognise that microwaves are an efficient and safe way to heat infant formula and cow's milk. We will not heat breast milk in the microwave as it may destroy some of the breast milk's properties.

For infant formula or cow's milk the service will always:

- Use microwave safe bottles.
- Heat a minimum of 120mls of formula/cow's milk in the bottle to ensure it does not overheat.
- Only heat formula/cow's milk that has been adequately refrigerated.
- Stand the bottle up straight.
- Always take off the teat/bottle top and leave outside the microwave.
- Not use microwave ovens with wattage over 700W (or if ovens with a higher wattage are used, heat for less than the following times and take extra care when checking temperature)
- For a 120ml size bottle – use high setting and heat for less than 30 seconds.
- For a 240ml size bottle – use high setting and heat for less than 45 seconds.
- Follow specific manufacturer instructions provided with the microwave.
- Minimise the risk of uneven heating by adequately rotating and shaking the bottle directly after microwaving. After the teat/bottle top is replaced, invert the bottle at least 10 times and let the bottle sit for 1-2 minutes before testing the temperature.
- Check the temperature of the formula/milk on the inside of the wrist before giving to the child to ensure contents are at a safe temperature.

Bottle Warmers

Our service will use bottle warmers that have a thermostat control to heat Infant Formula/Cow's Milk/Breast Milk.

- The service will use the bottle warmer as per the manufacturer’s instructions.
- Educators will ensure that bottle warmers are inaccessible to children at all times.
- Bottles will be warmed for less than 10 minutes.

Sources

Education and Care Services National Regulations 2011

National Quality Standard

Safe Food Australia, 2nd Edition January 2001

Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood

Infant Feeding Guidelines 2012

Australian Dietary Guidelines 2013

Eat for health: Dept Health and Ageing and NHMRC

Food Standards Code

Food Safety Standards www.foodstandards.gov.au

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

NSW Food Authority

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Australian Breast Feeding Association Guidelines

Staying Healthy: preventing infectious diseases in early childhood education and care services

Review

The policy will be reviewed annually by:

- Management
- Employees
- Families
- Interested Parties

Last reviewed: September 2021

Date for next review: September 2022