

## 6.6.1 - Nutrition – food, beverages and dietary requirements Policy

Joondalup Family Centre aims to promote health, wellbeing and good nutrition. While we do not provide food, we encourage parents to pack healthy food options for their children. This dietary information is provided to parents on enrolment so they can plan healthy food options. Water is provided at all times to children. The centre is allergy aware and has measures in place should an issue arise.

Staff are aware of, and follow the guidelines outlined in “Staying Healthy in Childcare edition 5”.

### Procedures:

#### Communication with families

Educators/staff will consult and collaborate with families to best ensure children’s nutritional needs are met.

Food and dietary preferences as indicated by families [such as vegetarianism, religious needs] will be respected.

Any diagnosed food allergies of the child will be clearly written on their enrolment form. Parents of children with allergies will be required to fill in and complete the Anaphylaxis/ Allergy form as noted in the Asthma and Anaphylaxis Policy and Procedure.

In the case of severe allergies all families will be asked not to bring those items into the service.

#### Food provided by the family

Families of children enrolled in Pre-kindy are required to provide their child with a lunchbox that contains morning tea and lunch. Parents/guardians are encouraged to pack foods that meet the child’s nutritional needs. For example, Fresh fruits, raw vegetables, sandwiches, yoghurts and unflavoured popcorn are good ideas for lunchboxes.

Parents are required to pack a water bottle also.

#### Food and beverages provided by Educators/staff

Educators/staff will provide age and developmentally appropriate foods throughout the year for celebrations, incursions, or special events.

Food and beverages will take into account each child’s specific cultural, religious or health requirements. Access to safe drinking water will be provided at all times.

Safe eating practices will be implemented to minimise risk of choking e.g. sitting down when eating.

#### Special occasions and celebrations

Educators/staff will support the celebration of special occasions and cultural festivals but will ensure that food brought from the child’s home adheres to the Educators/staff’s *Nutrition, food and beverages, and dietary requirements policy*. All food brought in from home must be

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approved by Educators/staff prior to the event or celebration date to ensure health and safety of all children in care.

Mealtimes and the eating environment

Our staff provide a safe, supportive and social environment in which children can enjoy eating their food. The following are followed:

- All surfaces are sanitised prior to use
- Children are required to wash hands before eating
- Staff are required to clean surfaces prior to eating
- Children are supervised whilst eating at all times
- Children are asked to sit and eat to promote hygiene and safe eating practices
- Educators/staff are encouraged to sit and eat with children to role model healthy eating practices and also to guide acceptable eating behaviours
- Staff will promote positive discussion about the food's children are eating
- Children will be given assistance and encouragement when eating independently
- Food will not be given as reward or used as punishment to alter children's behaviour
- Staff will discuss foods from a variety of cultures
- Staff will talk about food and nutrition
- Precautions to prevent and treat choking are known by all staff and implemented
- Children will be discouraged from sharing food to prevent accidental exposure to allergens.

Food preparation (if required)

To minimise transmission of food borne illness in children, Educators/staff will:

- Have a designated area for food preparation and storage, which is safe and hygienic.
- Use separate colour-coded chopping boards for cooked and uncooked food.
- Use separate colour-coded chopping boards for Halal food if applicable.
- Have facilities that include a stove or microwave oven, sink, refrigerator, suitable waste disposal and a hot water supply.

If involved in food preparation and serving staff follow the "Staying Healthy 5<sup>th</sup> edition Part 3 as outlined below:

When to perform hand hygiene	
Before	After
<b>Educators and other staff</b> Starting work, so germs are not introduced into the service Eating or handling food Giving medication Putting on gloves Applying sunscreen or other lotions to one or more children Going home, so germs are not taken home with you home with you	Taking off gloves Changing a nappy Cleaning the nappy change area Using the toilet Helping children use the toilet Coming in from outside play Wiping a child's nose or your own nose Eating or handling food Handling garbage Cleaning up faeces, vomit or blood Applying sunscreen or other lotions to one or more children Touching animals
<b>Children</b> Starting the day at the service; parents can help with this	Eating or handling food Touching nose secretions Using the toilet

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<p>Eating or handling food Going home, so germs are not taken home with them</p>	<p>Having their nappy changed—their hands will become contaminated while they are on the change mat Coming in from outside play Touching animals</p>
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Curriculum

Educators/staff will teach the children about food and nutrition through:

- Planned experiences targeting healthy eating practices in play-based activities
- Create a food environment promoting healthy eating e.g.: fruit and vegetables in the toy kitchen
- Singing songs about food and telling food stories
- Numeracy and literacy activities like identifying the food groups
- Provide awareness of food from other cultures

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