



## Nutrition & Food Safety Policy

### National Quality Standards (NQS)

Cuddly Bear Templestowe Early Learning Centre recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in their care. This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

We are committed to implementing the healthy eating key messages outlined in the National Healthy Eating Guidelines for Early Childhood Settings as outlined in the Get Up & Grow resources.

Furthermore, Cuddly Bear Childcare recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

### Quality Area 2: Children’s Health and Safety

2.1	<b>Health</b>	Each child’s health and physical activity is supported and promoted
2.1.2	<b>Health practices and procedures</b>	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	<b>Healthy lifestyles</b>	Healthy eating and physical activity are promoted and appropriate for each child.

### Education and Care Services National Regulations

#### Children (Education and Care Services) National Law NSW

<b>77</b>	Health, hygiene and safe food practices
<b>78</b>	Food and beverages
<b>79</b>	Service providing food and beverages
<b>80</b>	Weekly menu
<b>90</b>	Medical conditions policy
<b>91</b>	Medical conditions policy to be provided to parents
<b>162</b>	Health information to be kept in enrolment record

## Early Years Learning Framework

### Learning Outcome 3

**3.2** Children take increasingly responsibility for their own health and physical wellbeing.

## RELATED POLICIES

Breastfeeding Policy Bottle Safety and Preparation Policy	Multicultural Policy Health and Safety Policy
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## PURPOSE

Early childhood education and care (ECEC) Services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that Cuddly Bear Childcare partners with families to provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease.

Cuddly Bear Childcare recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children, as we commit to implementing and embedding the healthy eating key messages outlined in the NSW Health's *Munch & Move/ Australian Nutrition/ The Achievement Program* which is supported by the Victorian Government and aims to improve people's health where they live, learn, work and play, to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources.

## SCOPE

This policy applies to children, families, staff, and management of Cuddly Bear Templestowe Early Learning Centre

## IMPLEMENTATION

Cuddly Bear Templestowe Early Learning Centre has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by the Service or families will endeavour to be consistent with the Australian Dietary Guidelines and provide children with 50% of the recommended dietary intake for all

nutrients. Food will be served at various times throughout the day to cater for all children's nutritional needs.

Meal times reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour, by sharing a small amount of the food on offer with the children. This assists in creating a positive and enjoyable eating environment.

Food will be prepared in accordance with the Food Safety Program. All kitchens and food preparation areas shall comply with Food Standards Australia and New Zealand. (FSANZ) All staff involved in the stages of food handling have the skills and knowledge to ensure food safety is a priority.

### **Encourage and support breastfeeding and appropriate introduction of solid foods**

Cuddly Bear Templestowe Early Learning Centre will:

- Provide a suitable place within the service where mothers can breastfeed their babies or express breast milk.
- Support mothers to continue breastfeeding until babies are at least 12 months of age while offering appropriate complementary foods from around 6 months of age.
- Ensure the safe handling of breast milk and infant formula including transporting, storing, thawing, warming, preparing and bottle feeding.
- In consultation with families, offer cooled pre-boiled water as an additional drink from around 6 months of age.
- Where breastfeeding is discontinued before 12 months of age, substitute with a commercial infant formula, families will bring in the their formula from home.
- Always bottle-feed babies by holding baby in a semi-upright position.
- Provide appropriate foods (type and texture) are introduced around 6 months of age.
- Adjust the texture of foods offered between 6 and 12 months of age to match the baby's developmental stage.
- Offer a variety of foods to babies from all the food groups.
- Always supervise babies while drinking and eating - ensuring safe bottle-feeding and eating practices at all times.

### **Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.**

Cuddly Bear Childcare will:

#### ***Where food is provided by the service:***

- Provide children with a wide variety of healthy and nutritious foods for meals and snacks including fruit and vegetables, wholegrain cereal products, dairy products, lean meats and alternative foods high in protein.
- Plan and display the Cuddly Bear Templestowe Early Learning Centre menu (A 3 weekly rotational menu) that is based on sound menu planning principles and meets the daily nutritional needs of children whilst in care.
- Plan healthy snacks on the menu to complement what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.

- Vary the meals and snacks on the menu to keep children interested and to introduce children to a range of healthy food ideas.
- regularly review the menu to ensure it meets best practice guidelines
- develop the menu in consultation with children, educators and families
- consult with health professionals to support the menu development including Dietitians for children with special diets such as vegetarian and vegans, dentists and speech therapists

***Where food is brought from home:***

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- Strongly discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers and corn chips.
- food items that should not be brought to the service include confectionary (lollies, sweets, chocolate, jelly), deep fried foods (chicken nuggets, fish fingers) and sugary drinks (cordial, energy drinks).
- Ensure food from home does not contain any food allergens e.g. nuts and eggs

**Management/Nominated Supervisor/Educators will:**

- Ensure water is readily available for children to drink throughout the day in both the indoor and outdoor environment.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans.
- Ensure young children do not have access to foods that may cause choking.
- Ensure and remind all children to remain seated while eating and drinking.
- Ensure all children are always supervised children while eating and drinking.
- Encourage and provide opportunities for cooking staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Ensure the weekly menu must be displayed in an accessible and prominent area for parents to view.
- Display nutritional information for families and keep them regularly updated.
- Ensure the weekly menu is accurate and describes the food and beverages provided each day of the week. Inform parents of changes to the menu on the notice board
- consider the needs of various age groups at the service- meal times may be offered progressively or at different times
- Ensure food is presented attractively
- Ensure infants are fed individually by educators
- Ensure age and developmentally appropriate utensils and furniture will be provided for each child.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.

- Not allow the children to be force fed without being required to eat food they do not like or more than they want to eat.
- Encourage toddlers to be independent and develop social skills at meal times.
- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes.
- Ensure fridge and freezer temperatures are taken daily, working in compliance with the National Food Authority.

### **Online shopping**

- ensure food items are delivered in packaging that keeps food out of 'danger zones' as described above and within delivery window as provided by the company
- ensure products selected are high quality
- ensure products are unpacked promptly upon receiving goods
- use online service company with product and guarantee

### **Storing, preparing and serving food in a hygienic manner promoting hygienic food practices.**

Cuddly Bear Templestowe Early Learning Centre will:

- Ensure gloves are (or food tongs) used by all staff handling 'ready to eat' foods
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- ensure that all cooked food is cooked through and reaches 75 °C
- Food is stored and served at safe temperatures i.e. below 5°C or above 60°C.
- Separate cutting boards are used for raw meat and chicken, fruit and vegetables and utensils and hands are washed before touching other foods.
- Children will be discouraged from handling other children's food and utensils.
- Food-handling staff members attend relevant training courses and pass relevant information onto the rest of the staff.

### **Creating a positive learning environment**

Cuddly Bear Templestowe Early Learning Centre will:

- Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.

- Encourage older toddlers and preschoolers to assist to set and clear the table and serve their own food and drink - providing opportunities for them to develop independence and self-esteem.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Encourage children to try different foods but do not force them to eat.
- Do not use food as a reward or withhold food from children for disciplinary purposes.

## Service Program

Cuddly Bear Templestowe Early Learning Centre will:

- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating.
- Encourage children to participate in a variety of 'hands-on' food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.
- Embed the importance of healthy eating and physical activity in everyday activities and experiences

## Cooking with children

Cooking can help develop children's knowledge and skills regarding healthy eating habits.

Cooking is a great, fun activity and provides opportunities for children to be exposed to new foods, sharing of recipes and cooking skills. On these occasions participating educators will be vigilant to ensure that the experience remains safe, and relevant food hygiene practices are adhered to.

## Communicating with families

Cuddly Bear Templestowe Early Learning Centre will:

- Provide a copy of the Nutrition Policy to all families upon orientation at the Service.
- Families will be provided with opportunities to contribute to the review and development of the policy.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.

- Discuss discretionary choices- (food and beverages which are not necessary as part of a balanced diet) with families and if necessary, remove items from children’s lunch boxes. Alternative healthy food will be offered to children.

**Source**

- Australian Children’s Education & Care Quality Authority. (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015,
- Guide to the National Quality Standard.
- Early Years Learning Framework
- Food Standards Australia New Zealand
- 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 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
- Dental Association Australia
- Australian Breast Feeding Association Guidelines
- Munch and Move
- <http://heas.health.vic.gov.au/early-childhood-services/healthy-eating-national-quality-standard>
- Revised National Quality Standards
- Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines* <https://www.eatforhealth.gov.au/guidelines>
- Victoria State Government Education and Training Nutrition Australia *Healthy eating in the National Quality Standard A guide for early childhood education and care services*

**Review**

<b>Policy Reviewed</b>	<b>Modifications</b>	<b>Next Review Date</b>
July 2017	Policy Created	July 2018
October 2017	Updated references to comply with the revised National Quality Standard	July 2018
February 2019	Updated references to comply with the revised National Quality Standard Terminology update in opening statement	February 2020

	Minor grammatical changes made to content. (Not critical to it's delivery)	
<b>June 2020</b>	<ul style="list-style-type: none"><li>• minor additions- discretionary foods, online shopping</li><li>• addition of health professional's information to ensure best practice</li><li>• sources checked for currency</li></ul>	<b>June 2021</b>