

POLICY STATEMENT

Children's Services



HEALTH AND SAFETY: Nutrition/Food/Beverages/Dietary Requirements

ORIGINAL ADOPTION DATE: 17 June 2014

Policy Objective:

The children's service unit will:

- 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;
- support families in educating their children about healthy food choices.

Policy Statement:

Research has shown that one in five preschoolers are either overweight or obese. By the time children in NSW reach kindergarten, almost 18% are either overweight or obese. The 2007 *National Children's Nutrition and Physical Activity Survey* found that the dietary patterns of many Australian children are less than optimal with high consumption of salt and saturated fat, and low consumption of fruit and vegetables. Given that children are increasingly spending long periods of time in centre-based and family day care, early childhood staff can role model healthy eating and encourage young children to make healthier food choices. This will contribute to the prevention of weight problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Definitions:

In this policy "staff" refers to staff employed by Bland Shire Council Children's Services and staff registered with the Bland/Temora Family Day Scheme.

Statutory Legislation & Considerations

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations 2011: 77, 78, 79, 80
- Links to National Quality Standard: 2.2.1, 2.2.2

Recommended Practices:

Professional Development of Staff

- All staff will attend *Munch and Move* professional development training or receive similar training and information;
- Staff & Volunteers that assist in preparing fruit will be inducted on food handling and hygiene procedures.

Provision of Food and Drinks at the Service

The Nominated Supervisor 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 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.

- 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 have access to Munch and Move Resource Manuals. NSW Ministry of Health, 2012

Staff will ensure that:

- Healthy eating is promoted through role modelling.
- Children are encouraged to make healthy food choices.
- All mealtimes are positive, relaxed and social.
- Children are encouraged to try new foods, and their food likes and dislikes are respected.
- Children are positively involved in mealtimes.
- Staff will adhere to best practices around safe storage and heating of both expressed breast milk and formula.
- 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 Bland Shire Children's Services shall remain a nut free centre and that all dietary requirements relating to medical conditions are adhered to.
- The introduction of solids to babies and toddlers will be done in consultation with families and in line with recognised guidelines.

Supporting Families

- Staff will support families' choices regarding infant feeding, including breastfeeding and bottle feeding where required.
- 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.

Education and Information

- Staff 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.

Policy Availability

This nutrition/food/beverages policy will be readily accessible to all staff, families and visitors, and ongoing feedback on this policy will be invited.

Review

Management and staff will monitor and review the effectiveness of the nutrition/food/beverages policy regularly. Updated information will be incorporated as needed.

Evaluation

The Bland Shire Children's Services will encourage families to provide appropriate and healthy food and beverages to all children and meal times will be relaxed and model healthy eating to children.

References:

- Community Child Care Cooperative – sample policy - Nutrition/Food/Beverages/Dietary Requirements – www.cccc.org.au accessed 4.6.2012
- *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings*. NSW Department of health – www.health.nsw.gov.au – accessed may 2012
- Munch and Move Resource Manuals. NSW Ministry of Health, 2012

Appendices:

Authorisation:

Status	Committee	N/A	
	Manex	N/A	
Owner	Director of Corporate, Community and Development Services		
EDRMS Doc. ID	427339		
Superseded Policy			
Date of Adoption/ Amendment	Revision Number	Minute Number	Review Date
October 2012	0		
17 June 2014	1	12062014	May 2016

Related Council Policy/Procedure
Medical Conditions Policy
Screen time and physical activity
Health, hygiene and Safety