Nutrition and Food Safety Policy

Quality Area 2: Children’s health and safety

Standard 2.1 Each child’s health is promoted.
Standard 2.2 Healthy eating and physical activity are embedded in the program for children.
Standard 2.3 Each child is protected.

Food and nutrition play an important role in the healthy development of a young child. Children will consume only food that is healthy and has nutritional value whilst care is being provided at the Service.

Meal and snack times will provide positive learning experiences for children who will be encouraged to develop healthy eating habits. Parents/Guardians will be consulted and asked to share family and multicultural values and experiences to enrich the variety and enjoyment of food planned to meet each child’s daily nutritional needs.

Australian International Islamic College Kindy will follow recommended safe food storage and preparation guidelines contained within our Food Safety Program to ensure children’s protection from food borne illness.

Compliance:

- Notify the Health Department that the service is operating as a food business in accordance with FSANZ Food Safety Code, Part 3.2. This applies to any childcare service, which supplies any food including snacks and drinks such as biscuits, milk, juice or cordial.

- Be aware of the importance of healthy eating in line with the NHMRC Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers:

- Ensure that the Service incorporates the Federal Government’s nutrition and physical activity guidelines from the “Get Up and Grow” initiative:

- If the service is to provide meals, a person employed to prepare meals will be trained in all areas of food handling and safety in accordance to the Food Safety Program.

- Educators and food preparation staff will be provided with on-going professional development opportunities to refresh their knowledge of children’s dietary needs, food handling and hygiene practices.

- Educators and volunteers will role model healthy eating behaviours and practices
Food and drink is supplied according to the Regulations by:

- Ensuring that food and drink provided to children at the premises of the service is consistent with the Federal Government Recommendations for Services.
- Ensuring drinking water is provided and available to children at all times.
- Ensuring that each child at the service is provided with food and drinks that are nutritious, adequate in quantity, varied, offered at frequent intervals and appropriate to the developmental needs of the child.
- Ensuring that information is readily accessible to parents of children enrolled at the service outlining the approach taken to meet the nutritional needs of children including each child’s special dietary needs, culture and religion.
- Ensuring that a menu which outlines the food to be provided each day during each weekly period is prominently displayed in a place visible to parents if the service chooses to provide a food service to the children in the service’s care in the future.

For children’s services where food is provided - a written menu will be displayed in line with the Regulation that addresses:

- A variety of foods that satisfies nutritional standards and satisfies children’s appetites and interests. Quantities of food that need to be provided for meals and snacks will be provided in accordance with regulations.
- The menu will be nutritious and varied and will accurately describe the food and beverages to be provided each day. Wherever possible fresh seasonally available produce, which is free of preserves and additives, will be used. Menus will be planned with input from children, families, food preparation staff educators, and other staff, and displayed in the food preparation area in a prominent position visible to families. Families will be notified of any changes to the planned menu and invited to make suggestions and offer recipes to compliment the menu/season.
- Snacks/meals will be appetising and provide variety in colour, texture and taste.
- Snack and meal times will be set to a regular schedule but individual needs will be accommodated and children who are still hungry will be offered small nutritionally appropriate snacks.
- Children will not be required to eat food they do not like, or eat more than they want. Suitable alternatives will be offered.
- The provision or denial of food will never be used as a form of punishment.
- The importance of good healthy food, and hygienic, safe food handling and storage practices will be discussed with children as part of their daily program.
- All children and educators/staff will wash their hands with soap and running water and dry well prior to preparing, serving or eating food.

- Meals that are appropriate for the children's age, cultural and religious background, meals that are appropriate for children with food allergies, or medical conditions or disabilities related to eating and nutrition.

- Ensure the use of principles of safe food handling and prevention of transmission of food borne illness

- Provide suitable foods for second helpings and access to healthy snacks if the child is hungry

- Snack and meal times will be treated as social occasions, provided in a relaxed and unhurried way. Educators will sit with the children and interact to encourage healthy eating habits and an appreciation of a variety of foods. Children will be assisted where required but will be encouraged to be independent and to help themselves wherever appropriate.

- Provide milk at both morning and afternoon tea. Provide full cream milk to infants less than 2 years of age. Reduced-fat milk (not skim milk) is encouraged for children over 2 years of age.

- Promote drinking water for usual drinking requirements, provide safe drinking water to children and staff at all times, and ensure children have adequate fluid intake during their care. (Services should be aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill). Children are reminded to take drinks regularly throughout the day and fluid intake is closely monitored in warmer months.

- Promote a strategy for reducing risks of food allergies and anaphylaxis, and for preventing choking accidents

- Promote strategies for developing policies, practices and education that involve collaboration with families, and nutrition and health professionals.
  - This will involve feedback to parent if their child is not eating well
  - The need to ask parents of children on special diets, for details of food needs. We encourage a collaborative Health Management plan for your child
  - Providing an environment that assists the transmission of family and multicultural values, for example; eating with chopsticks, staff and children sitting together at meal times
  - Involve families by asking for favourite recipes, ensuring they are nutritionally sufficient.
  - Surveying families on their satisfaction of meals being provided for their child and incorporating changes as best practicable as possible
• Provide education and activities for families and children that promote healthy eating by:
  o Conducting ‘hands on’ activities that reflect the diversity of culturally and linguistically diverse families
  o Reflecting diverse cultural styles of serving and eating food.

• Provide information and develop strategies in collaboration with nutrition professionals that help reduce the prevalence and impact of obesity in children

• Provide support for nutrition and food safety training and learning opportunities for all staff. Include training that involves preparation of relevant multicultural diets

For children’s services where food is brought in from home:

• Advise parents on the minimum quantities of food that need to be provided to children while in care. The specific needs of infants and children one to five years old need to be specified

• Promote drinking water for usual drinking requirements, provide safe drinking water to children and staff at all times, and ensure children have adequate fluid intake during their care

• Staff members are aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill

• Provide feedback to parents if their child is not eating well

• Promote principles of safe food handling and storage of food brought from home, including the handling and storage of infant milk and bottles where appropriate

• No nuts or eggs are permitted in the Service to protect children with life threatening allergies. Parents/guardians must inform the Service of any allergies their child has and measures will be made in conjunction with the parent/guardian to ensure the safety of the child in regard to the particular allergies

• Children with allergies will be recognised by the list located in the classroom and kitchen area. They will also have a red dot on their place mat. The children should be placed at the same table with an Educator present at all times to monitor closely

• Parents or persons responsible for the child are to provide a nutritious packed lunch for their child along with a healthy morning tea. The fridge in the kitchen is available to store lunchboxes that contain perishable foods; however, the lunch box or any loose items must be labelled with the child’s full name

• Parents will be responsible for separating their child’s lunch, morning tea and fruit break, putting these items into appropriately labelled containers

• A list of acceptable foods recommended by the service will be provided to all families upon enrolling their child.
• Any food that is not consumed and requires specialised storage e.g. refrigeration, will be disposed of in the interest of food safety. A note will be placed in the child’s lunch box stating the food that was disposed allowing the care-giver to have knowledge of food consumed for nutritional purposes as well as the child’s individual likes and dislikes.

General:

• Staff will be available to cut fruit for children but not peel it. Children will be encouraged to eat the fruit without it being cut. Gloves will be worn by staff handling children’s food and it will be cut on a chopping board

• No unhealthy treats are to be provided, a list of acceptable foods will be provided to all families.

• Staff will eat their lunch with the children to role model appropriate behaviour and the consumption of healthy, nutritious foods

• Parents or person’s responsible for the child are to advise staff of any dietary needs or allergies which will be written on the allergies chart, displayed in the classrooms and kitchen to ensure that all staff are advised of these needs

• Water will be available to the children at all times

• All milk products will be stored on the top shelf in the refrigerator to ensure constant temperatures

• An apron will be worn at all times when preparing food to ensure that cross contamination from clothes to food is avoided

• Staff will attend an in-service specialising in Food Safety every 18 months to ensure practices are current and effective

• Refrigerator temperatures will be monitored daily to ensure that the temperature is between 0-5 Degrees Celsius to maintain a healthy environment for the storage of all food products

• Afternoon tea is undertaken as an opportunity for the children to enjoy a piece/s of fruit. “Fruit Break” or ‘Fruito’ is implemented to encourage children to eat fruit together supporting knowledge of health and nutrition.

This policy was made with consideration to Health & Safety in Children’s Centres; Model Policies & Practices, Education and Care Services National Regulations and Staying Healthy in Child Care 5th edition.


Nutrition and Food Safety Policy –Australian International Islamic College Kindergarten
Date that the policy was last updated or revised: January 2016

12/02/2016

X

Nadiya Khan
Director

Australian International Islamic College Kindy