



Nutrition, Food, Beverages, and Dietary Policy

Holy Family Catholic School is committed to ensuring children have access to healthy food, drinks and nutrition education to help inform their decision making. All staff are encouraged to support healthy eating and nutrition by:

- ensuring all foods and drinks provided are consistent with this policy and associated procedures and guidelines
- actively model healthy eating behaviours
- promoting healthy eating and good nutrition at snack and meal times and with parents and families.

ROLES AND RESPONSIBILITIES

Approved Provider

- Ensure the Service operates in line with the Education and Care Services National Law and National Regulations.
- Allocate finances for training and food safety.
- Allocate finances to ensure provision of nutritionally balanced and culturally sensitive meals as required.
- Ensure that the Service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the Service.

Nominated Supervisor

- Ensure adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at the Service to minimise risks to children.
- Ensure children being cared for by the Service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day.
- Ensure that, where food and beverages are supplied by the Service, they are nutritious and adequate in quantity and chosen with regard to the dietary requirements of individual children.
- Ensure that, where food and beverages are provided by the Service, a weekly menu that accurately describes the food and beverages to be provided is displayed at the premises in a location accessible to parents.

Educators

- Adhere to the strategies and practices of the Nutrition, Food, Beverages and Dietary policy.
- Ensure children's individual dietary needs are adhered to.
- Provide positive mealtime experiences for children.
- Respect the individual needs and choices of children.
- Actively supervise children during mealtimes.
- Adhere to the Service's Hygiene Policy.

Families

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- Communicate regularly with educators/staff regarding children's specific nutritional requirements and dietary needs, including food preferences.
- Contribute menu ideas and recipes.

FOOD, NUTRITION AND BEVERAGE PROCEDURES

Promote healthy food and drinks:

Promotion of healthy food and drinks is based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.

Where food is provided by the Service, the Service will:

- Provide children with a wide variety of healthy and nutritious foods for meals and snacks.
- Plan and display the Service menu (at least two weeks at a time) 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.
- 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>

Promote safety:

- Ensure water is readily available for children to drink throughout the day.
- 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 all children remain seated while eating and drinking.
- Always supervise children while eating and drinking.
- Ensure fridge and freezer temperatures are taken daily, working in compliance with SA Health

Safe food handling:

- Encourage and provide opportunities for cooking staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition.
- Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.
- Ensure gloves are worn or food tongs are 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.
- Food is stored and served at safe temperatures ie below 5°C or above 60°C.
- Separate cutting boards are used for raw meat and chicken 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 attend relevant training courses and pass relevant information onto the rest of the staff.

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Provide a positive eating environment which reflects cultural and family values:

- 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.
- Recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at mealtimes with time for children to eat and enjoy their food and enjoy social interactions with educators and other children.
- Provide children with 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 the pace of children's eating.
- Encourage children to try different foods without forcing them to eat.
- Do not use food as a reward or withhold food from children for disciplinary purposes.

Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices:

- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences.
- Encourage children to participate in a variety of food preparation experiences.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the Service:

- Provide a copy of the Nutrition Policy to all families upon orientation at the Service.
- 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.

FOOD HANDLER, HEALTH, HYGIENE AND PERSONAL HYGIENE PROCEDURES

Food handlers have responsibilities to ensure that the food is not contaminated by the personal hygiene or health of food handlers.

If you know or think you have a food borne illness (eg you have vomiting, diarrhoea, or fever):

- You need to tell the Coordinator and/or Responsible Person if you think you are sick or have contaminated food in any way. Some illnesses can be passed to people through food – these are called foodborne illnesses eg. gastro and hepatitis A.
- do not handle food if it's likely to become contaminated.
- only return to food handling when a doctor says you are well enough (usually 48 hours after symptoms have stopped)

Uniform/ Professional Dress:

- To be cleaned and well maintained.
- Clean apron to be worn daily.

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- Closed in shoes to be worn.
- Hair net or clean hat (specifically for kitchen only).
- Appropriate shirt or jackets.
- Personal clothing to align with the Holy Family Catholic School Staff dress code.
- No jewellery except for plain wedding band or sleeper earrings.
- No false nails or nail polish.
- Nails to be kept short and clean.
- Long hair to be tied back.
- Cuts, sores abrasions and grazes to be covered with highly visible waterproof band aids, gloves must be worn in this case.
- No overpowering deodorants, perfumes or after shave.
- Facial hair to be kept short or beard nets to be worn.

Hand Washing Procedure:

- Using a designated hand-washing basin.
- Run warm water.
- Apply soap from appropriate soap dispenser.
- Thoroughly lather soap into hands and wrist area for 30 seconds, paying particular attention to nails and in-between fingers.
- Rinse under running water.
- Shake off excess water and dry with paper towel, turn off tap using the same paper towel or elbow.

When to wash hands:

- On entering the kitchen.
- After handling raw or cooked food.
- After coughing, sneezing, and smoking.
- After blowing your nose and after going to the toilet.
- Whenever you suspect your hands may be contaminated.
- After handling rubbish.
- After eating and drinking.
- Always wash hands before putting on gloves.

REFERENCES:

- Quality Area 2 – Children’s health and safety
- Quality Area 4 – Staffing Arrangements
- Quality Area 6 – Parent views are respected
- Quality Area 7 – Leadership and Service Management
- [Australian Dietary Guidelines](#)
- [Holy Family Catholic School Nut and Allergen Awareness Policy](#)
- Education and Care Services National Regulations (2011) R 77 - 80, R 90, R 91, R 162, R 168

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