

# Our Lady of Hope Greenwith Campus Outside School Hours Care



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## POLICY DOCUMENT

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<h2>NUTRITION</h2>
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# NUTRITION

## BACKGROUND

High quality nutritional food is essential for the proper growth and development of children. Providing a balanced and nutritional diet assists children to develop healthy eating strategies and practices that can set the foundation for a child's future health and eating habits. OSHC services play a significant role in helping children develop positive attitudes and habits for healthy eating. OSHC services also offer an ideal opportunity to offer instruction relating to food handling and hygiene.

## POLICY STATEMENT

The Our Lady of Hope Greenwith Campus OSHC service considers nutrition to be a vital component in the healthy development of children. The service uses the *Australian Dietary Guidelines* developed by the National Health and Medical Research Council, as a basis for the service's policy and practices regarding nutrition as well the Right Bite, Eat Well Policy.

We are compliant with the food handling practices contained in Australian Food Safety Standards.

Our educators and staff are asked to model best practice at all times.

## RELATIONSHIP

Regulations	National Quality Standard	Other policies/Service documentation	Other legislation/Guidelines
168	2.2		Australian Food Safety Standards
77,78,79 & 80			Australian Dietary Guidelines (Australian Government): National Health and Medical Research Council  Right Bite, Healthy Food and Drink Supply Strategy for South Australian schools and preschools (Government of South Australia)

## HOW THE POLICY WILL BE IMPLEMENTED

### GENERAL

- Food and beverages are provided to the children as part of the program and will be done so with reference to the *Australian Dietary Guidelines*.
- Nutrition information, service policy and the *Australian Dietary Guidelines* will be available for families at the service.
- Food and beverages provided are nutritious, varied and of an appropriate serving size to meet their growth and developmental needs.
- Food and beverages supplied take into account the cultural, religious and health requirements of the children and families accessing the service.
- Children are encouraged to try new foods, but no child will be forced to eat something they do not like or which is inconsistent with their religious, cultural or dietary needs.
- Food will not be used as a punishment or reward.
- The service displays a weekly menu.
- Food and beverages are prepared and stored hygienically in accordance with the Australian Food Safety Standards
- Educators discuss healthy eating and nutrition as part of the program.
- Drinking water is always available.

## **EXAMPLES OF SERVICE PROCEDURE**

- Breakfast will be available between 7.00 and 7.50am and will be provided by the service. Breakfast will include grain foods such as breakfast cereal, bread or flour based products (either wholemeal or wholegrain). Milk and yoghurt or cheese will also be available. A hot selection is rotated weekly. The menu will be displayed on the menu board.
- Morning snack on Vacation Care days will be available between 10.00 and 10.30am. It will be either fresh fruit, cheese & biscuits, popcorn or a multicultural food. The menu will be part of the vacation care package for families to view prior to Vacation Care.
- Lunch will be between 12.15 and 1.15pm depending on program activities. Lunch will be provided on Vacation Care days and Early Finish days. The menu for Vacation Care will be displayed in the Vacation Care Package and the menu for Early Finish days will be displayed on the menu board. Children have a choice for lunch on the Vacation Care menu. Families are required to fill out and return to the service the child's menu preference prior to Vacation Care commencement. Early finish days families complete a booking form with the choice of sandwich.
- Afternoon tea will be available between 3.00 and 3.30pm. Afternoon tea will include fruit, vegetables, milk, yoghurt or cheese. Wholegrains such as bread, rice, pasta, crackers will be included in the menu, as well as lean meat, poultry, pork, fish, eggs, legumes and other alternatives. Multicultural foods will also be given on selected days. The menu will be displayed on the menu board.
- Children are not to bring food to the service due to health and medical considerations.
- Families will be provided with the service's nutrition policy as part of the family enrolment package and through posters and pamphlets located prominently at the service.

## **OTHER CONSIDERATIONS**

- The service provides all the food and beverages for the children's' consumption.
- It is recognised that, on occasion, food and beverages supplied at the service may diverge from the guidelines for special purposes and celebrations and that families will be advised of such occasions.
- Children's food allergies.
- The service focuses on a supply of fresh fruit and vegetables that are sourced locally wherever possible.
- Meal and snack times will be advertised and promoted as a time of social interaction.
- Children will be encouraged to participate in meal/snack preparation and clean-up as part of the service's life skills focus.

## **ROLES AND RESPONSIBILITIES**

### ***The Cook will be responsible for***

- Ensuring that the service has an adequate supply of nutritious food and beverages.
- Become familiar with children with food allergies.
- Ensuring that weekly menu is planned and displayed.
- Ensuring the weekly menu, foods and beverages available at the service comply with the *Australian Dietary Guidelines*.
- Ensuring families have access to the latest information regarding healthy eating and nutrition.

### ***All educators will be responsible for***

- Ensuring that drinking water is always available.
- Be aware of children with food allergies.
- Ensuring that meals and snacks are served at regular intervals.
- Ensuring that adequate quantities of food and beverages are provided to children at meal and snack times.
- Actively taking opportunities to discuss healthy eating with children.

- Encouraging children to participate in meal and snack preparation and the associated clean-up activities.
- Modelling practice that reflects the service policy.
- Ensuring food and beverages are never used as a reward or punishment.
- Ensuring that all children who are hungry have access to food and beverages.
- Ensuring appropriate hygiene practices are followed at all times.

#### ***Families and children will be responsible for***

- Being familiar with the service policy and procedures.
- Notifying the Service if their child has food allergies or develops food allergies.
- Complying with any specific requests made by the director and educators.
- Offering information/feedback and comments to assist the team to meet the needs of individual children and families.
- Not sending or bringing any food to OSHC.

#### **FOOD HANDLING**

- When involved in food preparation, children will be supervised and encouraged to follow good hygiene and food handling practices.
- When serving food, tongs will be used or gloves worn.
- Food preparation, eating areas and utensils will be cleaned regularly.
- Food will be stored and kept at the correct temperature.
- All perishable food will be stored in the refrigerator. The refrigerator temperature will be monitored regularly to ensure it is less than 5°C.
- All perishable foods will be kept cold while transporting either in refrigerated transport or a insulated bag.
- All food will be stored in sealed containers.
- Cutting boards will be replaced regularly so they aren't cracked or creviced.
- The service arranges an external audit through the Council of Food Handling Practices, which are documented and make changes to practices as a result.
- Ongoing food safety professional development will be provided for staff

#### **HYGIENE**

We will provide a healthy and hygienic environment that will promote the health of the children, staff and families. All people in the centre will follow preventative measures in infection control. Staff will ensure that they maintain and model appropriate hygiene practices.

- Hand washing should be practised by staff and children upon entering and leaving the centre, before preparing or eating food and after all dirty tasks such as toileting, cleaning up any items, wiping a nose, before and after administering first aid, playing outside or handling an animal.
- Staff will maintain and model appropriate behaviour and encourage the children to adopt hygiene practices.
- All toilet facilities will have access to a basin or sink with running cold water, soap and paper towel or hand-dryers for washing and drying hands.
- Soap and paper towel will also be available in the kitchen area.
- Toilets, hand basins and kitchen facilities will be cleaned and disinfected daily.
- Female toilets will have access to proper feminine hygiene disposal.

## **RESOURCES/REFERENCES**

- Australian Dietary Guidelines  
<<https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>>
- Australian Food Safety Standards at <https://www.foodstandards.gov.au/Pages/default.aspx>
- CESA Guidelines at  
<<http://online.cesanet.adl.catholic.edu.au/docushare/dsweb/HomePage>>
- Department of Education and Child Development (Right Bite, Eat Well Policy)
- <https://www.education.sa.gov.au/schools-and-educators/health-safety-and-wellbeing/right-bite-food-and-drink-supply-standards-for-south-australian-schools>

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**(Chairperson)**

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**(Date Reviewed)**

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**(Principal)**

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**(Date Reviewed)**