

FOOD & NUTRITION POLICY

PURPOSE:

To support children's learning from an early age to make healthy food and drink choices. This will be implemented from birth to school by promoting and supporting parents in continuing to breastfeed their infants even on returning to work and through education and encouragement for toddlers and preschoolers to make the choice to try new food whilst at the same time respecting individual tastes and appetites.

IMPLEMENTATION:

The N.S.W. Health Department guidelines state that childcare centres must provide children with at least 50% of their daily recommended dietary intake of nutrients in the form of safe and appetising foods and that it is consistent with the Food Act 2003 and Dietary Guide. The Food Manager at this centre ensures these nutritional requirements are met.

The emphasis is on whole foods, plenty of raw and cooked fresh fruit and vegetables. We encourage and promote a low salt, fat and sugar reduced diet. The menu also incorporates foods from a variety of cultures. Breakfast for early starters, morning tea, a 2 course lunch, afternoon tea and late afternoon tea for late leavers, are all provided.

Milk and water are offered at morning and afternoon tea, with water being available with lunch. Water is also readily available to all children at any time throughout the day. Provision is made for alternative meals or snacks to be served to any child who is unable to partake of the routine menu due to;

1. Cultural or religious reasons.
2. Medical reasons (Medical Certificate to be issued by Medical Practitioner)
3. Should staff in consultation with parents agree that a genuine dislike for food does exist.

Special Diets

Any request by parents to provide or delete specific foods for children on special diets must be submitted to the Director on a form provided by the centre. The cook then keeps the form on file. Under no circumstances will any item of food or drink be deliberately given to any child in contradiction of written instructions or requirements made by that parent.

Formulas

All formulas must be provided by the parents, made up in individual bottles and labeled with the child's name. The parents are asked to put them in the nursery refrigerator on arrival.

Breast Milk

Whether bought in bottles or frozen cubes must be clearly labeled with child's name, date expressed, and or date frozen. Staff will then mark milk with expiry dates for discarding.

Staff's role

The centre ensures that all staff are provided with a program of education covering:

- safe eating practices, including the eating environment,
- understanding and handling eating behaviour of children, including the refusal of food by children,
- teaching children about nutrition through food related activities

We encourage children to eat independently by providing an environment that has equipment suited to the size and age of the children and eating utensils (forks, spoons, cups) that provide opportunity for success.

Reviewed:	7th April 2005	M Duffy-Fagan
	8 July 2005	M Duffy-Fagan
	16 March 2006	M Duffy-Fagan
Source:	NSW Health – Caring for Children Children Services Regulation 2004 -	