

## NUTRITION & FOOD HANDLING

### **Legislation and Government Requirements**

*Education and Care Services National Law (WA) Act 212*

*Education and Services National Regulations 2012*

*Health Act 1911 (WA); Health (Food Hygiene) Regulations 1993 (WA),*

*Dietary Guidelines for Children and Adolescents in Australia, [www.nhmrc.gov.au](http://www.nhmrc.gov.au)*

*Get Up and Grow - <http://www.health.gov.au>*

*Nutrition Australia – [www.nutritionaustralia.org](http://www.nutritionaustralia.org)*

*Food Standards Australia New Zealand (FSANZ) – [www.foodstandards.gov.au](http://www.foodstandards.gov.au)*

### **National Quality Framework Requirements**

*Education and Care Services National Regulations 2012-regulations 77-80; 90-92 and 168*

*National Quality Standard (NQS) - standard 2.1 and 2.2 and 3.1*

*Early Years Learning Framework – Outcome 3 – Children have a strong sense of wellbeing*

### **POLICY STATEMENT:**

*Meal 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.*

### **HOW POLICY WILL BE IMPLEMENTED:**

#### **Training and Professional Development**

- *Persons employed to prepare meals will be qualified in an approved training course on food handling, hygiene and nutrition.*
- *Educators and food handlers will be provided with ongoing training opportunities to refresh their knowledge of children's dietary needs, food handling and hygiene practices.*
- *Food will be prepared; kept and served hygienically in accordance with the Food Safety Plan. (WA Health At 1911 Health (food hygiene) Regulations 1993, Education and Care National Regulations 2012 – Regulation 77)*
- *Unicare will ensure it meets all requirements for food handling premises set down in the Health (Food Hygiene) Regulations 1993, and administered by Local Government Environmental Health Officers.*
- *Unicare will provide children with balanced meals consistent with the recommendations of the Australian Government Healthy Eating and Physical Guidelines for Early Childhood and/or the Dietary Guidelines for children and Adolescents in Australia. Meals will meet the recommended daily nutritional needs of children within each age grouping and be adequate in quantity. (Education and Care National Regulation – Regulation 79)*

- *Meal times will be treated as social occasions. Educators will sit with the children and interact with them to encourage good 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. (NQS 2.2.1)*
- *The menu will reflect a wide variety of cultures, and especially the cultural backgrounds of families and the local community. Recipes for all meals will be available to parents/guardians.(Education and Care Service National Regulations – Regulation 79)*
- *The menu will be nutritious and varied and accurately describe the food and beverages provided by the service 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, parents, the Food Co-ordinator Director and educators, and displayed in a prominent position visible to families (Education and Care Services National Regulations – Regulation 80)*
- *Meals will be appetising and provide variety in colour, texture and taste.*
- *Water will always be readily available and regularly offered to children. (Education and Care Services National Regulations – Regulation 78)*
- *Meal times will be set to a regular schedule but individual needs will be accommodated and children who are hungry between meals will be offered small nutritionally appropriate snacks. (Education and Care Services National Regulations – Regulation 78)*
- *Children will be encouraged to try new food but will never be forced to eat. Their food likes and dislikes and the family's religious and cultural beliefs will always be respected. (Education and Care Services National regulations 2012 – Regulation 79)*
- *The provision or denial of food will never be used as a form of reward or punishment.*
- *The importance of good healthy food will be discussed with children as part of their daily program.*
- *Information on nutrition, age appropriate diet, food handling and storage will be displayed at the centre and provided to parents/guardians.*
- **Where children are on special diets the parents/guardians will be asked to provide a list of suitable foods and their child's dietary requirements and food preferences. Medical confirmation of a child's allergies will be required. (See also Managing Anaphylaxis Policy.)**
- *To ensure a safe environment for all parents/guardians are unable to bring any food items into the centre unless permission is received from the director in regard to a special diet.*

### *Additional requirements for babies and toddlers*

- *Parents/guardians of infants and toddlers will be advised of their child's food and fluid intake each day. Parents/guardians of older children will be advised as appropriate. (NQS 2.2.1)*
- *Babies will be fed individually by educators ( NQS 2.2.1)*
- *Unicare supports families who choose to breastfeed their children at the service. Parents are always welcome and a comfortable private place will be provided. (NQS 2.2.1)*
- *Baby bottles will be heated by placing in a bottle warmer or warm jug of water and tested to ensure the milk is not too hot prior to feeding. Bottles will not be heated in the microwave. (NQS 2.2.1)*
- *The introduction of different foods and solids will be done in collaboration with families and recognised nutritional guidelines. (NQS 2.2.1) New foods will be trialled at home by families before introduction at the centre.*