



FOOD AND NUTRITION POLICY

To offer children in long day care, who have lunch provided by the centre, with at least 50% of the daily recommended number of servings from each of the four major food groups in the form of nutritious and appetizing foods. For children who bring packed lunches, guidance will be given with expectations for families to provide healthy, nutritious food. Snacks provided by the Centre will compliment these lunches within the food and beverage classification guidance system.

Strategies:

- The menu will include at least 50% of the recommended number of serves from each food group for those children who are provided with lunch. Snacks in the form of morning and afternoon tea, or late snack will contribute to this and compliment nutritious diets for those children who bring packed lunch.
- Children will have access to fruit at both morning and afternoon tea, and water at all times
- Lunches will contain something from each of the four major food groups, (breads/cereals, fruit and vegetables, milk/milk products, meat/meat alternatives)
- Caregivers will be asked not to send chocolate, lollies, soft drink or chips to childcare High fat meals will not be served more than once per week
- Snacks will be nutritious and include milk products, fresh fruit, vegetables, pikelets, scones, muffins, fruit cake, fruit bread, any breads, low-fat crackers
- Children will be allowed to have second helpings of fruit or milk based desserts If children have not eaten their main meal they may still receive dessert

Goal:

To teach children about food and nutrition and food safety and its role in achieving and maintaining health.

Strategies:

- Activities focusing on food, nutrition, health and food safety will be incorporated into the Centre programme. Games/activities using food that cannot be eaten will not be encouraged.
- The foods being served to children will be discussed with them

Goal:

To provide children with food that has been stored, prepared and served safely and hygienically

Strategies:

- Food will be stored at safe temperatures. Refrigerated foods will be stored below 4 degrees Celsius and hot-held foods will be stored above 70 degrees Celsius for no longer than 2 hours.
- Food storage areas will be clean and hygienic. Food will not be stored on the floor.
- Gloves will only be worn when covering a bandage.
- Separate knives and chopping boards will be used for raw and cooked meat.
- Foods will be served at safe temperatures, i.e. cooked for above 60 degrees Celsius and cold foods below 4 degrees Celsius.
- Appropriate hand washing procedures will be adhered to Children will wash their hands before handling or eating food.

Goal:

To provide an eating environment that promoted family and multicultural values.

Strategies:

- Staff members will sit with children at mealtimes and share the same food as often as possible.
- Food will at no time be used as a form of punishment.
- Special occasions will be celebrated with appropriate foods, eg.

Birthdays, cultural and religious days.

- Recipes from different cultures will be included on the menu. Parents or carers of the children will be invited to at least one food occasion a year.

Reviewed: December 2011

Next Review: December 2012