

## POLICY

### **POLICY 20: HEALTH AND SAFETY – NUTRITION, FOOD AND BEVERAGES, DIETARY REQUIREMENTS AND FOOD HANDLING**

#### **OVERARCHING PERSPECTIVE:**

**Perspective:** Quality Services  
**Policy:** Services and Programs

#### **OUTCOME:**

Food and drink provided to children in Our Village Family Childcare Service will be nutritious, varied, and appropriate to the developmental and cultural needs of the children and reflects current health and safety guidelines and recommendations.

#### **SCOPE:**

This document applies to the Educators, Families, Coordination Unit Staff, Students and Volunteers, of Our Village Family Childcare Service.

#### **RATIONALE:**

Our Village Family Childcare will ensure;

- Children attending the service are served with nutritious, safe food which will allow them to grow and develop to their greatest potential.
- Children will have access to safe drinking water at all times.
- Each child will be encouraged to develop positive attitudes towards selecting healthy foods; enabling them to choose a healthy lifestyle for themselves.

#### **PROCESS:**

##### **Our Village Family Childcare will:**

- a. Work in partnership with families to gain their support in offering nutritious and safe food to their children while they are in care (*Attachments A & B*).
- b. Offer all children in care a nutritious and safe diet that is appropriate to their age, culture and any other individual requirements.
- c. Recognise different food likes and dislikes of children and be accepting of these differences.
- d. Have drinking water available for children at all times.
- e. Respect each family's choice in relation to bottle or breastfeeding (*Attachment C*).
- f. Encourage children to learn more about nutrition and food safety.

- g. Provide opportunities for families and multicultural values to be included and explored.
- h. Support ongoing nutritional and food safety training and information for all Educators, staff and families.

**Educators will:**

- If the Educator is providing food for children, the Educator must ensure a weekly menu is displayed describing the food to be provided daily (in accordance with the Education & Care Service National Regulations 2011, regulation 80 (3)).
- Discuss with families children's individual requirements and work in partnership to meet these needs.
- In partnership with families, provide meals that incorporate foods from the required food groups over the day. This can be achieved by offering families tips sheets such as:
  - Healthy lunch-boxes for children, *Try it . You'll Like It*- Vegetables and Fruit for Children & *Eat Well, Drink Well*
  - Attachments to this policy.
- Supply food and drinks at regular intervals to meet children's needs.
- Inform families on a daily basis what their child has consumed while in care.
- Ensure that food and drinks provided are age appropriate. This information is provided to educators in training i.e. the *Eat Well, Drink Well* program and through accessing the *Good Food in Family Day Care Kit*.
- Prepare and store food in a hygienic manner (Attachment B)
- Provide each child with clean eating and/or serving utensils.
- Involve children where possible in the preparation and serving of their food and drinks (ensuring safety guidelines are followed).
- Provide regular activities that support nutrition and safe food practices, to promote further learning in an enjoyable way. For example:
  - Grow some vegetables, pick them and prepare them for eating. Ask the children to help wash fruit before it is eaten; let the children help with the shopping for fresh foods incorporating discussion about what the different foods are and how they can be cooked etc. And use of the *Eat Well, Drink Well* colouring, cutting, pasting activities to promote discussion and identification of healthy foods.
- In partnership with families, Educators will endeavor to provide children with food from different cultures i.e., Educators can access the Multicultural Resource Centre publication, *Child Rearing Patterns: Background Information* which gives information about the diets of many cultures

- The food provided should reflect the cultures of the children in care. See above for obtaining this information.
- Attend ongoing training sessions and avail themselves to any additional information provided by Coordination staff. Information will also be provided to families when requested (seek support from Coordinators if required).
- Be aware of individual children's likes and dislikes regarding foods. Be especially aware of any allergies or reactions to specific foods or drinks (see Anaphylaxis Policy 1)
- Ensure that under no circumstances are children forced to eat or drink food that they do not want.
- Have drinking water readily accessible to all children at all times.

**Where Families provide Food, Educators will:**

- Ensure that food and drink provided is stored and served in a hygienic manner (*Attachment B*).
- Respect and accommodate family choices in relation to bottle or breastfeeding.

**Coordinators will:**

- Be an ongoing source of support to Educators and families and be available to follow up requests for additional information to carers or families if required.
- Provide updated information and training to Educators on a regular basis. Training may incorporate ideas for activities that promote stimulating learning opportunities in the area of nutrition and food safety.
- Provide a nutritional training and food safety component into orientation for all new Educators and staff.
- Provide families with any other relevant information, regarding policies, meal charges and expectations relating to these on commencement of care.
- Keep families updated with any relevant changes to policies, strategies or meal charges.

**Families will:**

- When providing their child's food, include appropriate amounts and types of food relevant to their child's age and needs based on the nutritional information/tip sheets passed on by the Educator if required.
- Ensure that food is stored and transported in a safe manner. Perishable foods such as raw or cooked meat, seafood, dairy products, cooked rice or pasta and egg products should be transported in insulated containers after being cooled to 5°C or below and the use of cool blocks is often appropriate when transporting perishable foods.
- Ensure that infant's bottles are transported to the Educator's home in a safe manner and at the correct temperature: 5°C or cooler is recommended.

- Alert staff and Educators to any allergies or reactions to any specific foods or drinks (see Anaphylaxis Policy 1).
- Discuss with Educators any particular likes or dislikes related to food and drinks.
- Seek information regarding any aspect of nutrition or food safety from Educators or the Coordination Unit when required.
- Approach Coordination staff regarding all aspects of meal or other charges that may be incurred.

#### REFERENCES:

- Food Standards Australia New Zealand (FANZ) [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- Department of Nutrition and Food Services Royal Children's Hospital: *Healthy Eating for Young Toddlers, Healthy Eating for Pre-schoolers, Healthy Eating for the Primary School Years, Healthy Lunch Boxes for Children & Try It, You'll Like It; Vegetables and Fruit for Children Tip Sheets*
- Clarke, P & Milne R, 2<sup>nd</sup> ed., *Child Rearing Patterns: Background Information*, National Library of Australia
- NFDCCA & Department of Health and Aged Care, 2004, *Good Food in Family Day Care Kit*
- Education & Care National Regulations, 2011; Regulation 168

#### RELATED DOCUMENTS:

Dealing with Infectious Diseases - 24

Dealing with Medical Conditions Policy - 45

Health & Safety - First-Aid - 48

Interactions with Children & Guiding Children's Behaviour - 19

*This box to be completed after final draft has been approved.*

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<b>Owner:</b>	Manager, Family Day Care	<b>Signed in accordance with Deed of Delegation:</b> <div style="text-align: right;">1/12/2016</div>  <hr/> Marcus Bosch General Manager, Child, Youth & Family Services Signed by: Marcus Bosch	

## ATTACHMENT 'A'

### HEALTHY EATING FOR CHILDREN

Healthy eating means a wide variety of nutritious foods from all the food groups. These foods contain lots of vitamins, minerals and fibre. Eating a wide variety of foods from all food groups will help with growth.

Some foods contain too much sugar or fat and not many vitamins or minerals. These foods should only be eaten sometimes.

The foods we eat have been divided into three groups according to how nutritious they are. These make up what is often called the ~~food~~ food pyramid. These groups can be used to help us decide which foods to eat more and which foods to eat less often.

#### Group 1: Eat these foods most of the time

- ✓ Fruit and vegetables
- ✓ Breads
- ✓ Cereals such as rice and pasta
- ✓ Beans and lentils

These are all foods that come from plants. These foods contain vitamins, minerals and fibre. Try to eat a wide variety of these foods. Try not to choose just one of these foods (such as fruit) to eat all the time. Eating plenty of all foods from this group will help you stay healthy.

Plant foods contain thousands of nutrients (small parts), which can help to prevent serious diseases. This is why it is important to eat a variety of different food types of plant foods.

#### Group 2: Eat these foods moderately

These foods are important for health, so you should eat them in medium amounts:

- Dairy products such as milk, cheeses and yoghurts (sometimes low fat ones should be chosen)
- Lean Meat
- Chicken (without skin)
- Fish
- Nuts

These foods are all good sources of protein. Protein helps build strong muscles and can repair our body when we hurt or injure ourselves. Some of these foods also contain some important minerals, such as calcium found in dairy foods (strong for bones) and the iron found in lean meats (to give us energy).

### **Group 3: Eat these foods sometimes**

These foods don't give us very many nutrients and are really just ~~extras~~. They may contain lots of sugar or fat (or both) but often don't have many vitamins, minerals or fibre. It's okay to have these sometimes foods if you are healthy, active and not overweight. Most of the time they are better left for special occasions like birthday parties.

An example of one serve of these foods includes:

- Sweet biscuits (2 small)
- Chocolate coated bars (1 bar)
- Potato chips (30g)
- Ice cream (2 scoops)
- Lollies/chocolate (30g)
- Cake or muffin (1 medium piece)

### **The Food Pyramid**

The three food groups you eat from are often shown as a ~~food pyramid~~

**Group 1: The bottom of the pyramid is the biggest part.** It contains the foods you should eat most of the time ie, fruit, vegetables, breads and cereals.

**Group 2: The middle of the pyramid contains food you should eat moderately (a medium amount).** They are important for health but we need don't need too much of them. Dairy products such as milk, cheeses, yoghurts (sometimes low fat ones should be chosen), lean meat, chicken (without skin), fish and nuts.

**Group 3: The top of the pyramid is the smallest part of the pyramid.** It contains foods you should only eat sometimes ie sweet biscuits, chocolate bars, potato chips, ice cream and cakes.

### **WEBSITES FOR FURTHER NUTRITIONAL INFORMATION:**

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.nhmrc.gov.au](http://www.nhmrc.gov.au)

[www.asthma.org.au](http://www.asthma.org.au)

[www.dhsv.org.au](http://www.dhsv.org.au)

## ATTACHMENT 'B'

### SAFE FOOD HANDLING GUIDELINES for COORDINATION UNIT STAFF and EDUCATORS

- ✓ Hands must be washed thoroughly with soap and warm to hot water before food is handled.
- ✓ Disposable gloves must always be worn or food tongs used to handle food.
- ✓ Paper towels to be used if possible.
- ✓ Fabric hand towels, aprons, tea towels and dishcloths must be changed on a daily basis.
- ✓ Once the food preparation is completed, the bench top and other work surfaces must be cleaned with detergent and warm water, and then sanitized with very hot water, which will help kill any remaining bacteria. If chemical kitchen sanitisers are used, staff and Educators must follow the manufacturer's instructions and assess the risk of use.
- ✓ Clean dishes and utensils by scraping visible food waste, wash in warm water and detergent and rinse with hot water. Dishwashers are an effective way of using hot water to sanitise.
- ✓ Have designated area for food preparation and storage.
- ✓ Uncooked and cooked meats must be stored in separate refrigeration compartments.
- ✓ Cooked foods must not be reheated more than once.
- ✓ Separate colour-coded chopping boards for halal food should be used.
- ✓ Facilities such as a stove, microwave oven, sink, refrigerator, suitable waste disposable and hot water supply should be available.
- ✓ Have a designated bottle preparation area for children under two years.
- ✓ Expressed breast milk and prepared formula should be stored on the shelf of the refrigerator not in the door of the refrigerator.
- ✓ Food and bottle preparation and storage areas should be separate from nappy change and toileting areas.
- ✓ Check expiry date on any formula containers and discard them if they are out of date. Discard any opened container of formula after a month.
- ✓ In addition care should be taken to make sure loose clothing and hair do not contaminate food during food preparation and adequate footwear is worn.



**Critical Temperatures:** All food, formula or breast milk should be stored in the refrigerator at a temperature at or below 5°C. Hot food should be stored at or above 60°C. Between 5°C and 60°C is considered to be a “danger zone” for food safety: within this temperature range bacterial replication can occur.

**Sources:** Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for health workers . endorsed 10<sup>th</sup> April 2003.  
[www.nhmrc.gov.au](http://www.nhmrc.gov.au)

Guide to Food Safety Standards Australia & New Zealand, [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

## ATTACHMENT 'C'

### SUPPORT FOR BREAST FEEDING MOTHERS and their BABIES

Babies in care may be breast fed or bottle fed. Mothers who are breast feeding should be supported to continue to do so. It is not the role of care providers or staff to suggest that either breast or formula feeding is preferred. Whilst in care, and being bottle fed breast milk or formula all babies will be held in a cradling position and the opportunity taken for positive and relaxed interactions between educator and the infant. Traditionally, breast feeding has been recommended as having the following advantages for both mothers and their babies.

#### Health Advantages of breastfeeding for infants and mothers:

- Breast milk provides antibodies that protect the infant from infectious disease.
- There are fewer dental problems in breast fed children.
- Breast milk has a beneficial effect on children who come from families in which allergy is a problem.
- Breast milk varies in composition according to the age of the baby as well as during the day.
- Baby can take as little or as much as he or she wants.
- Many nutrients are better absorbed from breast milk than from alternatives.
- Breast milk is convenient, inexpensive and always at the correct temperature.
- The fat content of breast milk is a different type from the fat content in formulas and this may have a positive effect on heart disease in later life.
- Breast milk contains less sodium than formula milk.
- Breast feeding is enjoyable for mother and baby.
- Breast milk contains proteins that are more digestible than cow's milk protein.
- Breast feeding has many positive long term health benefits for mothers and aids their recovery from child birth.

#### Sources:

Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Kearns, Karen & Austin, Bev, 2007, *The Big Picture*, Pearson Education, Australia