

# Cleve District Children's Centre

## NUTRITION POLICY

### CONSIDERATIONS:

#### *Philosophy*

*Good nutrition is important for children's physical, intellectual and emotional development.*

#### Legislation:

- Child Care Centre Regulations 1998 (SA)
- Public and Environmental Health Act 1987 (SA)
- Quality Improvement & Accreditation System (C).



### POLICY STATEMENT:

*Cleve District Children's Centre aims to develop healthy eating habits through ensuring snack / meal times provide positive learning experiences for all children. Parents / Guardians are responsible for providing meals and snacks for their children appropriate to the duration and times of care.*

### IMPLEMENTATION:

- Food will be prepared and stored hygienically
- Meal times will be treated as social occasions. Staff members 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.
- Parents / Guardians are asked to provide meals and nutritionally appropriate snacks for their children.
- Cooking may be part of the children's activity program.
- Water will always be readily available.
- 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.
- Children will be encouraged to try new food but will never be forced to eat. Their food likes and dislikes and the families' religious and cultural beliefs will always be respected. We provide Eat a Rainbow program annually.
- Parents / Guardians are asked to provide details of any special diet in relation to their children.
- Parents / Guardians of infants and toddlers will be advised of their child's food intake each day. Parents / guardians of older children will be advised as appropriate.
- If staff are concerned about the adequacy or appropriateness of food provided for a particular child, they should make their concerns known to the Director.
- The provision or denial of food will never be used as a form of reward / 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 venues and provided

### **Group 1. Limit THUMBS DOWN**

These items, for safety or other reasons are not appropriate at the centre and if included in lunch boxes will be bagged and returned home.

Nuts ie: Peanuts, cashews, almonds

Pre-packaged treats eg. Rollups, nuggets, dinotails, fruit strings

Lollies

Chocolate eg. Frogs, bars

### **Group 2. Choose Carefully THUMBS TO THE SIDE**

We suggest that the following items are of little nutritional value or are full of sugar / fat that they be used sparingly. Perhaps one item a day.

Custard

Raw carrot sticks (4 years and over)

Popcorn (4 years and over)

Sweetened fruit / jellied fruit

Muesli / fruit bars (bought)

Fruit juice

### **Group 3. Best Choice THUMBS UP**

The items in this list could form the basis of a healthy lunch.

Sandwiches with healthy fillings eg. Cheese, salad

Salada / savoury biscuits

Rice cakes

Weetbix with spread

Toasties

### **Health and Wellbeing**

Where a child has a health condition that staff need to know about, a documented health support plan is required. Refer [www.decd.sa.gov.au/childrensservices/pages/policies/medicalconditions/](http://www.decd.sa.gov.au/childrensservices/pages/policies/medicalconditions/)

Staff will discuss this requirement with you during the enrolment process. Staff will also advise you if your child falls ill whilst in care or has an injury as soon as reasonably practical.

\*\*\*Please be aware that some children have serious allergies. Parents will be informed via newsletters when this occurs. **If sandwich fillings include nuts please write on top in black text.**

We encourage the use of icepacks in warmer months as we do not have refrigeration facilities.

Please also realise that unfinished custards, yogurts etc are not returned to lunch boxes due to spillage and are frequently wasted.