



Food and Drink Guidelines Information for Parents/Caregivers

O'Sullivan Beach Children's Centre is committed to promoting nutritional eating habits in a safe and supportive environment. We will consistently support healthy eating and drinking habits and have developed these guidelines with information from the **Australian Guide to Healthy Eating**.



Children bring their own named drink bottles. Water and plain milk are the only drinks recommended. Filtered tap water is available.

Children eat in a positive and social environment, on a food mat or table, with staff who support healthy eating behaviours. O'Sullivan Beach Children's Centre understands and promotes the importance of breakfast and breakfast options are available. The centre teaches the importance of healthy meals and snacks as part of everyday learning.

Please name your child's lunch box. An ice pack and insulated bag is recommended. Please use named, reusable containers rather than gladwrap and snap-lock bags to help reduce rubbish and support sustainable practice.



O'Sullivan Beach Children's Centre has a "Lunch box ideas" handbook to refer to for inspiration and guidelines for food brought from home.

Please make note of the information from Women's and Children's hospital "Preventing choking on food" and the "Australian Guide to Healthy Eating".

Food guidelines

Fruit Time

Parents and caregivers are asked to supply fruit and vegetables at fruit time.

- Fresh fruits, vegetables and small amounts of dried fruit are most suitable for fruit time.
- If fruit or vegetables are not available or not eaten by a child, cheese, egg, crackers, cold meats, pretzels or yoghurt are some examples of alternatives.
- Occasional homemade or healthier option muffins



Lunch

Parents and caregivers are asked to supply a lunch that follows the Australian Guide to Healthy Eating.

- Sandwich, roll, wrap, rice cakes, Cruskits, sushi, pasta, baked beans, egg, tuna, cold meat, appropriate vegie sticks, corn, rice may be suitable options.

Food Unsuitable for Fruit time and Lunch

- **No nuts or food containing nuts.**
- Lollies, sweets and high sugar snacks eg roll ups, 'fruit bars' etc
- Iced cakes and buns
- Chocolate or other high sugar foods
- Potato chips or crisps that are high fat and high salt
- Cordials, soft drinks, sweetened fruit juices and sweetened milk drinks



Support provided by Staff

Staff will:

- ensure all children wash their hands before they sit down together
- ensure children are reminded to only eat the food in their own lunch boxes
- only allow children to eat and drink while they are sitting, and will not allow / eating or drinking while children are running or playing
- stay close to children and monitor meal times
- encourage children to eat by themselves, and eat slowly and chew well
- ensure water is offered if a drink bottle is forgotten
- return uneaten food so families can see what their child has eaten during the day
- return food that is unsuitable for fruit time or lunch at the Centre, with a healthy choice swap being offered in its place by staff



Support, further information and clarification are welcomed and available from Centre staff.

Special Events

O'Sullivan Beach Children's Centre will ensure a healthy food supply for Centre based activities, celebrations and events.

We will strictly limit availability of high fat, high sugar or processed food like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.

O'Sullivan Beach Children's Centre is a breastfeeding friendly site.

At O'Sullivan Beach Children's Centre we have various food deliveries during the week that are free. OzHarvest provides a variety of food, and bread is also available weekly. See staff for when this free service occurs.

