

Food, Nutrition and Beverage Procedure

NQS

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| QA2 | 2.2.1 | Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child. |
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National Regulations

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| Regs | 77 | Health, hygiene and safe food practices |
| | 78 | Food and beverages |
| | 79 | Service providing food and beverages |
| | 80 | Weekly menu |
| | 90 | Medical conditions policy |
| | 91 | Medical conditions policy to be provided to parents |
| | 162 | Health information to be kept in enrolment record |
| | 168 | Education and care service must have policies and procedures |

EYLF

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| LO3 | Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity). |
| | Children are happy, healthy, safe and connected to others. |
| | Children show an increasing awareness of healthy lifestyles and good nutrition. |
| | Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community. |
| | Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all. |
| | Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition. |
| | Educators model and reinforce health, nutrition and personal hygiene practices with children. |

Aim

Our service aims to promote good nutrition and healthy food habits and attitudes to all children and families at the service. We also aim to support and provide for children with food allergies, dietary requirements or restrictions, and specific cultural or religious practices.

Related Policies and Procedures

Additional Needs

Enrolment

Health, Hygiene and Safe Food

Medical Conditions

The Nominated Supervisor, educators, staff, volunteers and students will assist families in making healthy choices and in line with the Right Bite Healthy Eating guidelines (attached).

- Follow Right Bite Food Supply and Nutrition guidelines.
- Ensure children have access to water and offer them water regularly during the day.
- Ensure children are offered foods and beverages throughout the day that meet their nutritional and developmental needs and any specific dietary requirements. These requirements may be based on written advice from families (eg in the enrolment form) or as part of a child's medical management plan.
- Provide foods that take into account each child's likes, dislikes, culture and religion. Families will be reminded to update this information regularly or when necessary.
- Ensure routines are flexible enough so that children who do not eat during routine meal or snack times, or who are hungry, have access to food. Educators will not force children to eat food they do not like or more than they want.
- Encourage families to provide healthy food for their children at home which is consistent with the Australian Dietary Guidelines, talk to families about their child's food intake and voice any concerns about their child's eating
- Provide food that is safe and prepared hygienically by following the relevant procedures set out in the Health, Hygiene and Safe Food Policy.
- Provide food and beverages that minimise the risk of children choking. No popcorn, corn chips.
- Provide food and beverage that minimise the risk of allergies.
- Ensure meal times are relaxed, pleasant and timed to meet most children's needs.
- Integrate learning about food and nutrition into the Curriculum.
- Never use food as a punishment, reward or as a bribe.
- Encourage toddlers and young children to develop their sense of agency by feeding themselves independently and developing their social skills at meal times.
- Model and reinforce healthy eating habits and food options with children during eating times.

The Nominated Supervisor will ensure staff receive training in nutrition, food safety and other cultures' food customs if professional development in these areas is required.

Healthy lifestyles and good nutrition for each child is paramount.

Educators and mothers who breastfeed at the Service

We support mothers who wish to breastfeed at the service by providing a quiet, relaxing place with a comfortable chair for mothers to breastfeed or express milk. Educators will take into account mothers' preferences for privacy.

All reasonable efforts will also be made to support educators who continue breastfeeding their child when they (return to) work at the service. For example, an educator returning from maternity leave may have a meeting with the Nominated Supervisor to discuss:

- more flexible work arrangements
- the provision of lactation breaks for the educator to express milk or breastfeed her child. Educator to child ratios will not be compromised during these breaks.

Safe Storage and Heating of Babies Bottles (Please display)

Our service will use microwaves to heat Infant Formula/Cow's Milk

Microwave Instructions (Please display)

We recognise that microwaves are an efficient and safe way to heat infant formula and cow's milk. We will not heat breast milk in the microwave as it may destroy some of the breast milk's properties.

Sources

Education and Care Services National Law and Regulations

My Time, Our Place Framework for School Age Care

National Quality Standard

Safe Food Australia, 2nd Edition. January 2001

Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood

Infant Feeding Guidelines 2012

Australian Dietary Guidelines 2013

Eat for health: Dept Health and Ageing and NHMRC

Food Standards Code

Food Safety Standards www.foodstandards.gov.au

Food Safety Standards for Australia 2001

Food Standards Australia and New Zealand Act 1991

Food Standards Australia New Zealand Regulations 1994

Food Act 2001

Food Regulation 2002

SA Health: Food Safety

Work Health and Safety Act 2012

Work Health and Safety Regulations 2012

Australian Breast Feeding Association Guidelines

Start Right Eat Right Dept Health SA

Review

The procedure will be reviewed by:

- Management
- Employees
- Families
- Interested Parties

Last reviewed:

Date

Heating of babies bottles

Microwave Instructions

We recognise that microwaves are an efficient and safe way to heat infant formula and cow's milk. We will not heat breast milk in the microwave as it may destroy some of the breast milk's properties.

For infant formula or cow's milk the service will always:

- Use microwave safe bottles.
- Heat a minimum of 120mls of formula/cow's milk in the bottle to ensure it does not overheat.
- Only heat formula/cow's milk that has been adequately refrigerated.
- Stand the bottle up straight.
- Always take off the teat/bottle top and leave outside the microwave.
- **Please note that our microwave operates at 1250w. Please operate at P50 (50% power) or reduce heating times as per instructions***
- For a 120ml size bottle – use high setting and heat for less than 15 seconds.
- For a 240ml size bottle – use high setting and heat for less than 25 seconds.
- Follow specific manufacturer instructions provided with the microwave.
- Minimise the risk of uneven heating by adequately rotating and shaking the bottle directly after microwaving. After the teat/bottle top is replaced, invert the bottle at least 10 times and let the bottle sit for 1-2 minutes before testing the temperature.
- Check the temperature of the formula/milk on the inside of the wrist before giving to the child to ensure contents are at a safe temperature.

Review: