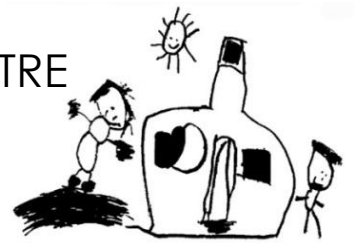


## **HEALTHY FOOD POLICY**

### Links to the National Quality Standard

- 5.2.1, Each child's health and physical activity is supported and promoted

Policy Revised: October 2018  
Approved by Governing Council:  
Due for Review: May 14<sup>th</sup> 2019



## **Healthy Food Policy**

Early childhood is the time that lifelong, healthy eating habits are formed. This helps maximise growth, development and activity whilst minimising illness and the risk of long term ill health.

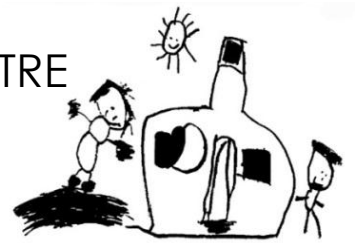
Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

## **Nut and Egg free**

Due to the increased number of children with allergies and the fact that some of our babies have not yet eaten solid food, we have a nut and egg free, including traces of nuts and eggs policy.

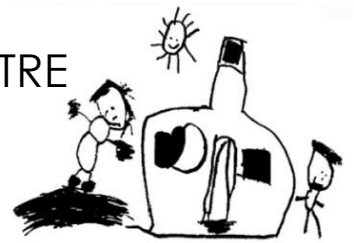
## **Educators:**

- Provide nutrition information consistent with the Australian Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating.
- Include experiences which provide children with knowledge and attitudes to make positive healthy food choices and learn about the variety of foods available for good health
- Provide experiences which help children develop practical food preparation and cooking skills
- Integrate nutrition across the curriculum where possible
- Ensure children have access to their own drink bottle and are encouraged to drink regularly throughout the day
- Sit with children to eat in a positive social environment and model healthy eating behaviours
- Understand and promote the importance of breakfast with children and families
- Provide information for families on healthy food and allergy awareness and encourage food and drink choices from the Right Bite Strategy
- Observe the 2-4 hour rule in relation to food storage as recommended by SA Health. All children's food is refrigerated.



## **Food Supply:**

- Our centre is always nut and egg free including and traces of nuts and eggs.
- Snack time includes fruit and vegetables which provide important minerals and vitamins, encourage a taste for healthy foods and encourages chewing which promotes oral muscle development.
- Families providing lunches are encouraged to follow the above guidelines
- Birthday Guidelines. Educators have agreed that if families want to provide food to celebrate a birthday the best option is a plate of fresh fruit.
- Families sending milk bottles must have them named and dated.
- Carrots are a choking hazard for young children
- The centre provides whole long life milk for OSHC children. Weetabix, bread, crackers, vegemite and honey are available too. All of these foods provided by the Centre are checked for being nut and egg free.



## **Food Safety Practices:**

- Educators acknowledge the importance of handwashing with soap and then drying completely to reduce the numbers of food-borne illnesses at the centre
- Anyone using this centre is required to wash their hands before and after handling food, before mealtimes with children, before feeding an infant a bottle, after disposing of food waste, after nose blowing, after toileting and after changing a nappy or assisting a child with toileting, and after disposing of the nappy in the bin.
- Food and milk to be heated for infants will be stored in the fridge and heated using the food and milk warmer. Partially used bottles of milk will be refrigerated and discarded if not used within one hour.
- Bottles will not be used to settle a baby in a cot.
- Toddlers food is to be warmed in the oven
- Food handling surfaces are clearly marked and cleaned regularly
- Chopping boards are washed with hot water and detergent, rinsed and stored in the freezer

## **Sources**

Food standards Australia New Zealand Act 2001

<http://www.foodstandards.gov.au/>