



POLICY	
Title: ELC Food, Nutrition and Beverage	
Authorised by: Principal No.: ELC-23 Issue Date: February 2015 Last Reviewed: August 2018 Next Review Date: August 2019	Page Number: 1 of 6

ELC Food, Nutrition and Beverage Policy




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NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
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NATIONAL REGULATIONS

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

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.


1 AIM

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

2 IMPLEMENTATION

The Nominated Supervisor, staff, volunteers and students will:

- ensure children have access to water and offer them water regularly during the day.
- ensure children are offered morning and afternoon snacks 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 morning and afternoon snacks 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, are provided with food
- ensure food is consistent with the Government's Australian Dietary Guidelines 2013 <http://www.nhmrc.gov.au/guidelines/publications/n55> . A Summary of the Guidelines is available at

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http://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_book_0.pdf

- follow the guidelines for serving different types of food and the serving sizes in the Guidelines and may use the Australian Government "eat for health" calculator <http://www.eatforhealth.gov.au/eat-health-calculators>
- encourage families to provide healthy food for their children at the ELC and at home which is consistent with the Australian Dietary Guidelines, communicate with families about their child's food intake and share any concerns about their child's eating
- provide food that is safe and prepared hygienically by following the relevant procedures displayed in the food preparation areas
- provide food and beverages that minimise the risk of children choking
- ensure that children are well supervised during eating and drinking times
- provide age and developmentally appropriately utensils and furniture for each child
- ensure eating 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/or reinforce healthy eating habits and food options with children during eating times.

The Nominated Supervisor will ensure staff receive training in food safety and the ways in which nutrition supports development.

3 BREASTFEEDING, BREAST MILK AND BOTTLE WARMING

Healthy lifestyles and good nutrition for each child is paramount. The ELC will correctly store and feed children breast milk supplied by their families.

3.1 EDUCATORS AND MOTHERS WHO BREASTFEED AT THE ELC

We support mothers who wish to breastfeed at the ELC by providing a quiet, relaxing place with a comfortable chair for mothers to breastfeed or express milk. Staff will take into account mothers' preferences for privacy. A sign will also be placed on the door when a mother is using the facilities.

All reasonable efforts will also be made to support staff who continue breastfeeding their child when they (return to) work at the ELC. For example, a staff member 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 staff member to express milk. Staff to child ratios will not be compromised during these breaks.


3.2 SUPPLY OF MILK/FORMULA

Families are required to supply milk or formula for their child should they wish this to be given to the child during the day at ELC.

3.3 BREAST MILK PROCEDURE

Breast milk that has been expressed should be brought to the ELC in a clean sterile container labelled with the date of expression and the child's name. We encourage families to transport milk to the ELC in cooler bags or eskies. Educators will:

- put the breastmilk in the fridge as soon as families arrive at the ELC
- refrigerate the milk at 4° Celsius until it is required
- consult individual families for instructions if they do not have enough breast milk to meet the child's needs that day

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- Educators will not store unused milk at the ELC. If a parent requires, we will send home a note indicating how much milk was discarded.

3.4 SAFE STORAGE AND HEATING OF BOTTLES

Our service will not use microwaves because milk may not heat evenly.

3.5 FOR INFANT FORMULA OR COW'S MILK

Should a child enrol who requires this service, we will follow the following steps:

- Stand the bottle up straight.
- Warm the container/bottle in a container of warm water.
- Test the temperature of the milk on the wrist before giving it to the child.

4 SOURCES

Education and Care Services National Regulations 2011

Early Years Learning Framework

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 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


Staying Healthy: preventing infectious diseases in early childhood education and care services

5 RELATED POLICIES

ELC-02 ELC Additional Needs

ELC-17 ELC Enrolment

ELC-32 ELC Medication and Medical Conditions

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6 REVIEW

The policy will be reviewed annually. The review will be conducted by:

- Executive Leadership Team
- Staff
- Families
- Interested Parties

PRINCIPAL <i>(Signature)</i>	DATE