

Implementation Details and Explanatory Notes

The Nutrition Policy includes the Dietary Guidelines for Children and Adolescents as Appendix 1. and Healthy Lunchbox Ideas as Appendix 2. as a guide for staff and parents/guardians.

1. Actions Required

The *Policy Development Checklist (page 4)*, contained in this KPV Model Policy Kit, sets out a summary of actions needed to adopt and implement each policy.

In addition, complete the Nutrition Policy by inserting information as listed in section 7 *Procedures*, Food and/or drink that the service will provide and any food and/or drink that children will bring from home.

2. Implementation Details

The actions required to implement this policy are:

- ┆ All parents/guardians of children enrolled at the service to have access to a copy of the policy and a copy provided to individual parents, if requested.
- ┆ Names and special dietary requirements of children are displayed in the kitchen.
- ┆ Ensure information on children's enrolment records are up-to-date in relation to food
- ┆ Ensure guidelines are available for parent/guardians in relation to:
 - ┆ Food that will be provided by the service.
 - ┆ Celebrations.
 - ┆ Food to be sent with their children for snacks.
 - ┆ Allergies and food intolerances.

Nutrition Policy

1. Authorisation

This policy was adopted by the Parkdale Preschool Committee of Management, at the Committee meeting in March 2008.

2. Review Date

This policy shall be reviewed in March 2010 or as required.

3. Scope

This policy applies to parents/guardians, the Committee, the staff and volunteers involved in the preparation and provision of food that will be consumed by children at the service

4. Background and Relevant Legislation

- └ The Children's Services Regulations 1998.
- └ The Children's Services Act 1996.
- └ The Health Act 1958.
- └ The Food Act 1984.

5. Definitions

Nutrition: Nourishment, food.

6. Policy Statement

Values

This service is committed to:

- └ Educating children and their parents/guardians about healthy food and healthy eating habits.
- └ Ensuring the nutritional needs and/or dietary requirements of children are appropriately catered for, while they are attending the service.
- └ Providing a flexible approach to serving and consuming food for children attending the service.
- └ Complying with all legislative requirements.

Purpose

This policy will provide guidelines for the provision of safe, varied and inviting food that is of nutritional benefit to the children, and caters for the individual needs of the children attending the service.

7. Procedures

Food and drink to be provided by the service

- └ The service will provide the following to children as part of the program
Access to fresh water to drink at all times to comply with regulation 79(1) of the Children's Services Regulations 2009..
- └ Children are required to bring the following from home for consumption during the program
A healthy, nutritious snack or snack and lunch for extended sessions. Refer to Appendix 2.
- └ On an occasional basis, the service will provide food that has been produced through food related activities involving the children.
- └ Food will be provided by parents/guardians for celebrations such as birthdays, in line with the service's guidelines for celebrations. A cake/cakes or treats such as balloons, confectionary, bubbles may be brought to the preschool to celebrate your child's birthday. Cakes or treats to number 1 per child. Families of children with allergies, other medical issues which preclude the eating of some foods or particular cultural considerations must provide their own treats. **All provided foods must be nut free.**

The service in providing food and drink will:

- ┆ Comply with the Dietary Guidelines for Children and Adolescents Appendix 1.
- ┆ Cater for the developmental stage of the child with regard to size and texture.
- ┆ Ensure the children are offered a well balanced midday meal (where applicable) and nutritional morning and/or afternoon snacks
- ┆ Cater for children who have special dietary requirements (including allergies) for health or medical reasons. This includes making their needs known to everyone responsible for preparing or serving food to them.
- ┆ Respect cultural and/or personal food differences.

Food and drink provided will:

- ┆ Be offered at times that suit children's developmental needs.
- ┆ Be hygienically prepared and stored. It is recommended a frozen iceblock or gel pack is used.

Parent/Guardians will be encouraged to:

- ┆ Send nutritional morning and/or afternoon snacks with their children consistent with the dietary guidelines. It is recommended a frozen iceblock or gel pack be placed in lunchboxes.

Children while at the service will:

- ┆ Have access to water at all times.
- ┆ Be encouraged to broaden their food knowledge and sample varied foods in a relaxed environment.
- ┆ Be offered appropriate food and drink from which they may make choices.
- ┆ Be encouraged to develop independence in serving and clearing away food and drinks and managing utensils that are used for pouring, drinking and eating.
- ┆ Be given opportunities to participate in food related activities, ensuring correct hygiene methods are followed.
- ┆ Be offered foods that respect the religious, cultural or other requirements of the parent/guardian's.

Staff will:

- ┆ Plan to meet the nutritional requirements of the children during their attendance at the service.
- ┆ Monitor children with food allergies closely, in order to prevent contact with, or consumption of foods to which they are allergic.
- ┆ In consultation with the Committee, develop a procedure for dealing with situations where children have a severe allergy that could be life threatening if they were to come in contact with a food, for example, peanuts. This could include:
 - ┆ Not providing the food at the service, if this is feasible.
 - ┆ Requesting parents/guardians of children in the child's group not to send these specific foods with their children for a snack or celebration.
- ┆ Review annually, in consultation with the parents/guardians and Committee, the service's guidelines for celebrations including birthdays, Christmas etc. Ensure that the guidelines take into consideration the needs of families and children in relation to nutrition, cultural diversity, religion, age appropriateness and food safety issues such as storage and transport of food.
- ┆ Provide guidelines to parent/guardians, regarding appropriate food for their child to bring for morning and/or afternoon snacks. These will be developed in consultation with the Committee.
- ┆ List the names of children with special dietary requirements and food allergies in the kitchen and specify the foods to which the allergy applies

Monitor the contents of lunchboxes. Foods that do not fall within the guidelines of the nutrition policy will be returned home with an explanatory note.

Parents/Guardians will:

- ⌄ Be given the opportunity to list any specific nutritional requirements (including allergies) on their child's enrolment form and to discuss these with the qualified staff member prior to the child commencing at the service and whenever these requirements change.
- ⌄ Comply with the guidelines regarding food and drinks to be sent to the service with the child for snacks.
- ⌄ Comply with the guidelines for celebrations that include food (e.g birthdays).
- ⌄ Be given the option of participating in a yearly chocolate fundraiser.

8. Key Responsibilities and Authorities

Responsibilities

The Committee is responsible for the implementation of this policy and approving the future changes.

The staff are responsible for the implementation of this policy on a day-to-day basis.

The parents/guardians are responsible for:

- ⌄ Providing relevant information to the service regarding their child's dietary requirements and allergies.
- ⌄ Providing food for snacks and celebrations consistent with the service's guidelines.

9. Resources and Support

Training

The training needs of all staff in relation to understanding the cultural and religious needs of the children attending the service will be reviewed and training/staff development organized if appropriate.

Resources:

National Health and Medical Research Council (NHMRC) Dietary Guidelines for Children and Adolescents

Related documents at the service:

- ⌄ Hygiene and Food Safety Policy
- ⌄ DHS Children's Services Licensing Operational Guide

10. Evaluation

In order to assess whether the policy has achieved the values and purposes set out under 6. Policy Statement, the Committee will: Use a quality assessment tool, for example the Preschool Quality Assessment Checklist.

- ⌄ Assess whether a satisfactory resolution has been achieved for nutritional issues raised.
- ⌄ If appropriate, conduct a survey in relation to this policy or incorporate relevant questions within the general parent/guardian survey.
- ⌄ Take into account feedback from staff on the policy.
- ⌄ Monitor complaints in relation to food and drink provided at the service.

Appendix 1: Dietary Guidelines for Children and Adolescents

The Dietary Guidelines for Children and Adolescents provides a set of scientific background papers for each guideline. The background papers provide the rationale for the guidelines and discuss issues of relevance to infants, children and adolescents. They are an invaluable reference for all those working in the area of child health.

The Dietary Guidelines for Children and Adolescents are:

1. Encourage and support breastfeeding.
2. Children and adolescents need sufficient nutritious foods to grow and develop normally.

Growth should be checked regularly for young children

Physical activity is important for children and adolescents

3. Enjoy a wide variety of nutritious foods.

Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including breads, rice**, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced fat varieties should be encouraged for older children and adolescents.
- Choose water as a drink.

And care should be taken to:

- Limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants.
 - Choose foods low in salt.
 - Consume only moderate amounts of sugars and foods containing added sugars.
4. Care for your child's food: prepare and store it safely.
 - It is recommended a frozen iceblock or gel pack is placed in your child's lunchbox to prevent food spoilage and reduce the risk of food poisoning. This is particularly important during the extended sessions when lunches are sitting at room temperature for many hours before consumption.
 - **Rice is a common source of food poisoning and an icepack is highly recommended.

Appendix 2: Healthy Lunchbox Ideas

Sandwiches or flat breads rolled with Vegemite, cheese, hommus, fish paste spread, cream cheese, 100% fruit jam, mashed boiled egg, avocado, salad, lean meats (chicken, roast beef, pork, lamb, pastrami, ham), tinned tuna.

Savoury breads

Fresh fruit, fruit salad, dried fruits, fruit bread, berries, snack packs of fruit in natural juice.

Pasta salad, rice salad, bean salad, cooked tuna, chicken, egg or vegetable sushi rolls.

Plain dry biscuits e.g. Ricesnacks, Vita Weats and cheese, olives, sliced vegetables.

Yoghurt, Fruche or custard.

Please remember no nuts, peanut butter, nut spreads, breads containing nuts, muesli bars, lollies*, chocolates*, sweet biscuits, cakes* or muffins.

***these items may be presented as celebratory foods to share on your child's birthday only. Limit 1 item per child. All items must be nut free.**

