



Nature Alliance Family Day Care Service

Nutrition, Food & Beverages and Dietary Requirements



POLICIES IN THIS SECTION AS REQUIRED BY:

Education and Care Services National Law (WA) Act 2012: Section 3(2)(a); 167
Education and Care Services National Regulations, 2012 – ‘Regulations’:77 (1)(2); 79 (1)(2), 80;
90-92

National Quality Standards for Early Childhood Education and Care and School Age Care (2010)
Element 2.2.1; 3.1.1; 3.1.2; 4.2.1; 6.1.2; 6.2.1

POLICY

Children's health is promoted through the provision of food and beverages that meet recommended Australian standards and dietary guidelines.

PROCEDURES:

Minimising Risk

1. Family Day Care Educators must complete a recognized and accredited food safe course.
2. The Family Day Care Educator will maintain health and hygiene practices in line with *Staying Healthy in Childcare* (4th Ed.)* – food safety.
3. Safe eating practices will be implemented to minimize risk of choking e.g. babies will be nursed when feeding from bottles until they are comfortable holding their own bottles.

*Note: *Staying Healthy in Childcare* (4th Ed.) is currently under review by the NHMRC.

Communication With Families

1. The family day care educator will consult and collaborate with families to best ensure children's nutritional needs are met.
2. Food and dietary preferences as indicated by families [such as vegetarianism, religious needs] will be accounted for in the menu planning.
3. The Family Day Care Educator will communicate with parent/s/families about the child's daily intake and output of food and fluids
4. Any diagnosed allergies of the child will be clearly written on the enrolment form.
5. In consultation with parent/s/families the Family Day Care Educator will develop an action plan for children with food allergies. Parents of a child with a known food allergy are to provide the Family Day Care Educator with medical action plan.

Food And Beverages Provided By The Family Day Care Educator

1. The family day care educator will provide foods that are adequate and age and developmentally appropriate. These foods will meet children's nutritional requirements that are consistent with the recommendations of the Australian Government Healthy Eating and Physical Activity Guidelines for Early Childhood Settings and/or the Dietary Guidelines for Children and Adolescents in Australia (refer to section: *Additional guidelines* and the end of this policy).
2. Food and beverages will take into account each child's growth and development needs and any specific cultural, religious or health requirements.

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3. Food and beverages will be provided on a regular basis throughout the day;
4. The Family Day Care Educator will plan and implement a menu that reflects current dietary guidelines;
5. The weekly menu will be displayed, made accessible to parents, and accurately describe the food and beverages provided by the Family Day Care Educator each day.
6. Families will be provided with opportunities to contribute to the menu planning.
7. Access to safe drinking water will be provided at all times.

Food Provided By The Family

1. The Family Day Care Educator will encourage families to provide the child in care with suitable age appropriate foods that meet the child's nutritional needs.
2. If food that does not meet the nutritional needs of the child is provided by the family, the Family Day Care Educator will inform parents that the food they provide must adhere to the *Nutrition, food and beverages and dietary requirements policy*.

Special Occasions And Celebrations

1. Snack foods such as cakes, biscuits and takeaway foods will be limited in line with health eating and drinking directions from the National Heart Foundation - available from: <http://www.heartfoundation.org.au/SiteCollectionDocuments/Healthy-Eating-Tips-2009-05.pdf>
2. The Family Day Care Educator can support the celebration of special occasions, cultural festivals but will encourage Families who bring food from the child's home to adhere to the Family Day Care Service's *Nutrition, food and beverages, and dietary requirements policy*.

Children And Food Safety

Also Refer to:

Early Years Learning Framework for Australia – Practice: Responsiveness to children; Intentional teaching; Cultural competence – Outcomes: 1, 2, 3

Framework for School Age Care in Australia – Practice: Collaboration with children; Intentionality; Cultural competence – Outcomes: 1, 2, 3

1. Individual serving plates and bowls will be used.
2. Encourage children to eat and drink at the table to promote hygiene and safe eating practices.
3. All children will be supervised when they are drinking from nursing bottles.
4. Educators are encouraged to sit and eat with children to role model healthy eating practices and also enable educators to guide acceptable eating behaviours.
5. Children's right to choose foods and to feed themselves will be respected.
6. Children will be given assistance and encouragement when development self-help skills and becoming independent.

Food will not be given as reward or used as punishment to alter children's behavior

PRACTICES

To minimise transmission of food borne illness in children, Educators will:

- (i) Have a designated area for food preparation and storage, and for preparation of bottles, which is safe and hygienic.

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- (ii) Store cooked and uncooked meat in separate refrigeration compartments.
 - (iii) If applicable use separate colour-coded chopping boards for cooked and uncooked food.
 - (iv) Also use separate colour- coded chopping boards for Halal food.
 - (v) Have facilities that include a stove or microwave oven, sink, refrigerator, suitable waste disposal, and a hot water supply.
2. If involved in food preparation and serving:
- (i) wash hands before and after handling food or utensils.
 - (ii) wash hands after:
 - a. using the toilet;
 - b. having contact with unclean equipment and work surfaces, soiled clothing; and dish cloths;
 - c. toileting children;
 - d. wiping children's noses or your own nose; and
 - e. removing gloves.
 - (iii) do not prepare food while suffering from any gastrointestinal illness until at least one full day after recovery, or from any hand infection.
3. Prepare and serve food in accordance with the *Food Safety Standards for Australia- Fact Sheets*:
<http://www.foodstandards.gov.au/scienceandeducation/factsheets/foodsafetyfactsheets/foodsafetypracticesa70.cfm>
 These standards say to consume food as soon as it is cooked to 60°C or higher. As is also stated in the fact sheets, food can be left to cool at ambient temperature, but food becomes contaminated as soon as it starts cooling. It is recommended that you allow food to cool enough to be safe for children to eat but no longer than 2 hours. Left-over food should immediately be stored in the refrigerator at 5°C or lower.
 * available from *Food Standards Australia New Zealand*.
 * *Western Australian Health Department: Temperature control*. Available from: http://www.public.health.wa.gov.au/3/838/3/temperature_control.pm
4. Clean and sanitise the food preparation and serving areas at the end of each day. For cleaning and sanitising food contact surfaces and utensils, use neutral detergent and water to remove visible contamination such as food waste, dirt and grease.
5. Be aware of and accommodate the special needs of culturally and linguistically diverse families in relation to special rules for storing, preparing and serving foods such as Halal and Kosher food:
- (i) Halal and Kosher food can be stored or refrigerated in separate and sealed containers.
 - (ii) ask families about any special requirements for storing, preparing and serving foods, and ask them for preferred recipes.
 - (iii) Resources such as the Halal Helpline on www.halalhelpline.org can be useful but communication with parent is essential to ensure this is appropriate for their needs.
6. Ensure microwave food safety by:
- (i) Being aware that microwaves are useful for defrosting, cooking and re-heating foods, however food borne disease can also result if the usual rules of food safety are not followed. Defrosting in a microwave also partially cooks the food and makes an ideal medium for growth of bacteria.
 - (ii) Clean the microwave as required.
7. Use the following principles in preparing infants' bottle feeds:

- (i) It is recommended to store bottles of milk on a shelf in the refrigerator, rather than in the door of the refrigerator.
 - (ii) Use only clean bottles and teats for all infant feeds.
 - (iii) Wash hands before preparing or handling expressed milk or formula.
 - (iv) Prepare formula strictly according to instructions on the container.
 - (v) Do not use a microwave for heating expressed breast milk and infant milk bottles.
 - (vi) Warm infant bottles by standing in warm/hot water.
 - (viii) Discard any unused infant milk left-over after each feed or that has not been consumed by the infant after 30 minutes.
 - (ix) In choosing a method of heating babies' bottled milk, utilise risk management principles to determine which method will best minimise risks to both children and educators.
 - (x) Infants must be held when feeding.
8. Use the following guidelines in relation to bottled breast milk:
- (i) Ensure bottled breast milk is always labelled with the child's name, mother's name and the date it is expressed.
 - (ii) Breast milk can be stored in the refrigerator for 48 hours and in a deep freezer for up to 3 months.
 - (iii) Frozen breast milk can be thawed by placing in either cool or warm water, don't put in boiling water as the milk will curdle, and shake the bottle if the fats and milk have separated.
 - (iv) Test the temperature of the milk on your wrist before giving it to the baby.
 - (v) Throw away any unused breast milk, do not refrigerate or refreeze breast milk once it has been thawed or heated.
9. After use of bottles, rinse teats and bottles with water, wash in hot soapy water, rinse with water, and then air dry.

Additional Guidelines Available From These Source Documents

Australian Breastfeeding Association at <http://www.breastfeeding.asn.au> Information on breastfeeding.

Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers, NHMRC, (2003) (currently under review in 2011/2012). Information on preparing bottle feeds.

Food Safety Standards (Australia only) at: <http://www.foodstandards.gov.au>, and provide comprehensive guidelines on food safety and management of a food business. The Guide: Safe food Australia – A Guide to the Food Safety Standards is a very useful document.

Get Up and Grow. Healthy Eating and Physical Activity Guidelines for Early Childhood Settings. (2009). Department for Health and Ageing. Available at: [http://www.health.gov.au/internet/main/publishing.nsf/Content/C3F6FD13AD815454CA25762C000B5755/\\$File/gug-cooking-for-children-intro.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/C3F6FD13AD815454CA25762C000B5755/$File/gug-cooking-for-children-intro.pdf)

Staying Healthy in Childcare (5th Ed.) Currently under review but the most recent copy is available at: <http://www.nhmrc.gov.au/guidelines/publications/ch43>