



## **NUTRITION, FOOD, BEVERAGES, and DIETARY REQUIREMENTS**

### **AIM**

Alstonville Nestle In Education and Care Centre will:-

- Advocate for the provision of healthy food and drink while children are in our care and the promotion of normal growth and development.
- Commit to implement a healthy eating message by using community based organisations such as Munch N Move.
- Support the National Healthy Eating Guidelines for Early Childhood Settings as outlined in the *Get Up and Grow* resources.
- Support families in providing healthy food and drink to their children.

### **EXPLANATION**

Our centre recognizes the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care.

### **IMPLEMENTATION**

Encourage and support breastfeeding and appropriate introduction of solid foods.

Our centre will:-

- Apply current national infant feeding recommendations.
- Provide a suitable place for mothers to breastfeed their babies or express milk.
- Support mothers to continue breastfeed.
- Ensure the safe handling of breastmilk and infant formula including transporting, storing, thawing, warming, preparing and bottle feeding.
- In consultation with families, offer cooled pre-boiled water as an additional drink from around 6 months of age.
- Bottle feed babies by holding them in a semi-upright position.
- Supervise babies whilst drinking and eating.

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**To be reviewed October 2017**

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and Dietary Guidelines for Children and Adolescents.

Our Centre will: \_

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes. Our centre has implemented a centre brochure in this regard, in addition to brochures from *Get Up & Grow* and *Munch N Move*.
- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese and yoghurt, before eating any less nutritious food provided.
- Discourage the provision of highly processed snack foods high in fat, salt and sugar and low in essential nutrients in children's lunchboxes.

Promote Safety

- Ensure water is available for children to drink throughout the day.
- Awareness of children's allergies, intolerances, special diets and family cultures.
- Ensure children remain seated whilst eating and drinking.
- Always supervise children whilst eating and drinking.

Safe Food Handling

- Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.
- Ensure gloves are worn or food tongs are used to serve food.
- Children and educators wash and dry hands before handling food.
- Food is stored and served at safe temperatures.
- Children are discouraged from handling other children's foods.
- Educators attend relevant training courses and pass relevant information onto the rest of the team.

Provide a positive eating environment which reflects cultural and family values

- Educators sit with children at meal times to role model healthy food and drink choices and actively engage children in conversations about healthy food.
- Recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere at mealtimes where children have time to eat as well as enjoying the social interactions with educators and other children.
- Respect each child's appetite. If a child is not hungry, do not insist they eat.
- Be patient with messy or slow eaters.

Promote lifelong learning for children, educators and families about healthy food and drink choices

- Encourage children to participate in a variety of 'hands-on' food preparation experiences.

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**To be reviewed October 2017**

Encourage communication with families about the provision of appropriate healthy food and drinks for children whilst at our centre

- Make note of this policy in the parent handbook.
- Request details of allergies and/or specific dietary requirements at time of enrolment.
- Work in partnership with families to ensure their child's needs are met.
- Communicate with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes.

## **SELF ASSESSMENT**

- Interactions between educators and children are genuine, positive and responsive and based on respect, fairness, acceptance, co-operation and empathy.
- Evident by conversations, communication, pedagogy, and planning for children and families.
- Monitor to ensure compliance with legislative requirements.

## **SOURCE**

Education and Care Services National Law Act 2010  
Education and Care Services National Regulation 2011  
National Quality Standards 2011  
Occupational Health and Safety Act 2004  
Community Childcare Cooperative

## **REVIEW**

Every two years  
To be reviewed October 2017