

	<b>POLICY CS-0007.C</b>
 <b>MACQUARIE</b> University	<b>NUTRITION – ENCOURAGING HEALTHY EATING</b>

<b>Purpose</b>	To outline the service strategy for meeting the nutritional requirements of all children.
<b>Overview</b>	<p>Campus Life Children’s Services understand the importance of meeting children’s nutritional requirements to ensure they can develop to their potential. We also believe in the importance of setting the foundation for an on-going understanding for children to make healthy eating choices throughout their lives.</p> <p>Our services are committed to implementing and embedding the healthy eating key messages outlined in the NSW Health’s Munch &amp; Move program into our curriculum and to support the National Healthy Eating Guidelines for Early Childhood Settings outlined in the Get Up &amp; Grow resources.</p> <p>Further, the services recognise the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the ECEC service has an important role in encouraging, supporting and educating families in healthy eating.</p>
<b>Scope</b>	All of Children’s Services
<b>The Policy</b>	<p><b>Menu Planning</b> Menus will be developed in accordance with the Australian Government <i>Healthy Eating and Physical Activity for Early Childhood Settings</i> and the <i>Dietary Guidelines for Children and Adolescents in Australia</i>.</p> <p>The menu will be diverse and will attempt to reflect the cultural backgrounds of the families present within the service.</p> <p>The centre will only offer milk and water to children to drink.</p> <p><b>Cooks</b> Staff employed to prepare meals will be qualified in an approved training course on food handling, nutrition and hygiene and be provided with ongoing professional development opportunities to refresh their knowledge of children’s dietary needs, food handling and hygiene procedures.</p> <p><b>Provision of Food and Drink</b> Children in all services will have access to safe drinking water at all times.</p>

Children will be offered food and beverages appropriate to the needs of each individual on a regular basis throughout the day. Food and beverages provided through the day are nutritious and adequate in quantity; they will take into account each child's individual dietary requirements, growth and development needs and any specific cultural, religious or health requirements. The menu will be displayed and will accurately describe all food and beverages served each day. Any changed to the menu will be highlighted on the daily eating chart, kept in each room. Staff will be aware of and implement adequate health and hygiene practices and use safe practices for handling, preparing and storing of food to minimise risks to children.

### **Healthy Eating and Mealtimes**

Healthy eating will be promoted through role modelling and through staff eating with children. Children will be encouraged to make healthy food choices. Mealtimes will be positive, relaxed and social. Children will sit in small groups for all mealtimes. Children will be encouraged to try new foods, and their likes and dislikes will be respected. If desert is offered as part of a meal, staff understand that this forms part of a balanced diet and this will be offered to all children, and not used as a 'reward' for eating their main meal. Children will be active participants in meal times. This may take the form of serving their own food and pouring drinks. This will be closely supervised and educators will ensure that any food handling conducted by children will be hygienic.

### **Nutrition and Healthy Eating for Babies**

Staff will adhere to best practice around safe storage and heating of expressed breast milk and formula. Introduction of solids will be done in consultation with families and in line with recognised guidelines. Infants will not be introduced to new foods without the prior consent of parents. Mothers will be supported in their option to breast-feed. A place will always be available for mothers to visit the service and feed her baby.

### **Working with Families**

#### Long Day Programs

We ask that families do not bring food in from home to the centre. This is to protect children with allergies and it also ensures that food is stored and handled hygienically.

The exceptions to this rule include:

- Birthday cakes – must be in original packaging and have the ingredients listed on the box. Staff will make the final decision on whether the ingredients listed are appropriate for the children in the group, considering food allergies.
- Children with food intolerance/allergy/diabetes – food must be provided in its original packaging and be within the used by date. All food must be handed directly to educators/cook. Under no circumstances can food be left in children's bags.

	<p>A record of food offered and consumed by each child will be available on a daily basis for families.</p> <p><u>Vacation Care and JSA</u>  Children bring food from home for Vacation Care and JSA. Families are required to ensure that the lunch boxes are nut-free. Children will not be permitted to share food. Children will be supervised while eating.</p>
<b>Keywords</b>	Healthy eating, Food allergies

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<b>Date Approved</b>	21 February 2012
<b>Signature</b>	
<b>Approval Authority</b>	CEO of U@MQ Limited
<b>Date of Commencement</b>	21 February 2012
<b>Amendment Dates</b>	May 2013, September 2017
<b>Date for Next Review</b>	November 2019
<b>Related Policies, Work Instructions, Forms or Manuals</b>	National Quality Standards: QA 2 Breast Milk and Formula Procedure Children's Health Update Form
<b>Policies/Rules Superseded by this Policy</b>	CS-0007.A and B