

## ARMIDALE & DISTRICT FAMILY DAY CARE

### Nutrition, Food Beverage and Dietary Requirements Policy

<p><b>Related documentation</b></p> <p><b>Policy/policies:</b></p> <p><b>Regulation/s/ Standards:</b></p> <p><b>Related procedures:</b></p> <p><b>References:</b></p>	<p>Dealing with Medical Conditions Administration of First Aid</p> <p>Education and Care Services National Regulations 77-80</p> <p>Administering Medication Dental Health Infection Control, Handwashing Workplace Health and Safety COVID -19</p> <p>Munch and Move- NSW Government Health Staying Healthy in Child Care 5<sup>th</sup> ed. (2012) <a href="http://www.goodforkids.nsw.gov.au">www.goodforkids.nsw.gov.au</a> Get Up and Grow (June 2021; Australian Dietary guidelines)</p>
<b>Date effective</b>	March 2021
<b>Date for review</b>	March 2023
<b>Purpose</b>	<ul style="list-style-type: none"> <li>• To provide Educators with nutritional guidelines for the supply of food and drinks to children in care.</li> <li>• To encourage families to supply food and drinks which meet their children’s nutritional needs for health and well-being.</li> </ul>
<b>Responsibility/applies</b>	Nominated Supervisor, Coordinators, Educators, Relief Educators and Families

**Key information:**

- A child’s healthy development depends upon adequate nutritional intake.
- Many eating habits and attitudes to food develop in childhood and continue throughout life.
- Sitting down for a meal with others is a social experience. Meal times need to be unhurried to allow children time to interact and enjoy their food.
- The five basic food groups that provide essential nutrition for life and growth are:
  - a) **Vegetables, legumes/beans**
  - b) **Fruit.**
  - c) **Grain, cereal foods.**

**d) Milk, yoghurt, cheese and/or alternatives.**

**e) Lean meat, fish, poultry, eggs, nuts and legumes.**

- A selection of food from each food group should be eaten daily.
- Foods such as chocolate, confectionery, sweet biscuits, chips, high fat savoury biscuits, fried foods, pastries, fast food, takeaway food, cakes, soft drinks, cordial, sport/energy drinks and flavoured milk are “sometimes” foods. Families should be discouraged from packing them in children’s lunch boxes.
- Families will be encouraged to supply food in sustainable packaging to ensure waste is reduced.
- Water is the best way to quench thirst and avoid the sugar and kilojoules found in fruit drinks and juices. Fluoridated tap water helps children develop strong teeth and avoid dental problems.

**Eating practices, observances and restrictions**

Educators and Staff need to consider and respect family values, customs, religious and cultural beliefs related to eating practices e.g. Kosher or Halal food selections, vegetarian or vegan practices. The family’s particular needs related to eating should be discussed during the enrolment interview so that the Educator is fully aware of any foods that are to be avoided.

If a child has an identified food allergy or intolerance that may heighten their risk of an anaphylactic reaction, their family need to provide the Educator and the Coordination Unit with a Health Management Plan, developed and signed by their doctor. The plan needs to be updated annually.

**Food related facilities and practices:**

To minimise the risk of food borne illness, Educators should:

- maintain a designated, hygienic area in the kitchen for food and bottle preparation.
- have kitchen facilities that include a stove or microwave oven, sink, refrigerator, system for waste disposal and recycling and a hot water supply.
- clean the food preparation and serving areas as needed throughout the day and at the end of the day with warm, soapy water.
- use any chemical sanitizers in accordance with the supplier or manufacturer’s instructions. The use of more natural products is encouraged as per the Environmental Sustainability Policy.
- use different colour-coded chopping boards for cooked and uncooked food.
- store all food at a safe temperature. Perishable food should be refrigerated at a temperature less than 5 degrees Celsius. A fridge thermometer may be used to ensure the fridge is running at the correct temperature.
- store cooked and uncooked meat in separate refrigeration compartments.

- store cooked food on refrigerator shelves above uncooked food.

## Food preparation and serving

### Educators should:

- wash their hands and fingernails before and after handling food or utensils.
- encourage or assist children (including babies) to wash their hands before they eat meals or snacks. *On picnics, hand sanitiser can be used.*
- wear gloves or use tongs to avoid touching the food whilst preparing it for children.
- NOT prepare food while suffering from any gastrointestinal illness or from any hand infection. *It is recommended that an Educator suffering such an illness close their service and allow at least one full day's recovery as per AFDC's Health Policy.*
- Educators need to advise the Coordination Unit of any gastrointestinal illness within their service.

## Breast milk and formula

### Educators should:

- when families first make contact, inform them that the service supports breastfeeding and ensure that families are asked if they would like to continue offering their infant breastmilk while in care.
- use only sterilised bottles and teats to store expressed breast milk and prepared formula.
- wash hands before preparing or handling expressed breast milk or formula.
- refrigerate all expressed breast milk and prepared formula at the back of the fridge at a temperature of 4 degrees Celsius or less. *Expressed breast milk can be frozen.*
- warm breast milk and formula by standing bottles in warm water for a few minutes. It is NOT recommended that bottles are warmed in a microwave.
- roll a bottle of breast milk between their hands to mix the liquid. Shaking expressed breast milk is NOT recommended as it can change the protective protein molecules in the milk.
- test the temperature of the milk on their wrist before offering it to the baby.
- hold the baby to feed them. It is NOT recommended to feed young babies whilst they are lying down in a stroller or their cot.
- warm the breast milk or formula ONCE only. Throw out any leftover milk if the baby has not finished it within 30 minutes. Do not reuse!

- support a mother's decision to continue breastfeeding or to express breastmilk by providing a quiet area with access to an electrical outlet (for expressing milk), comfortable chair, change table and access to handwashing if a mother wishes to visit the service to feed her baby.
- Communicate with the family in the development of a documented, individual breastfeeding support plan. (See attached template)

**Educators need to:**

- supervise children while they are eating and discourage direct sharing of food (to prevent allergic reactions or cross contamination).
- encourage children to be calm and seated while eating to reduce the incidence of choking.
- ensure meal and snack times are relaxed to encourage positive social interactions, sitting with the children at their meal times to role model healthy food and drink choices and engage in conversations about the food and drink provided.
- facilitate children's independent self-feeding (using a cup, spoon, sitting down, passing dishes, pouring water, cleaning the table).
- ensure children's drinks and foods are clearly labelled with the child's name.
- encourage children to try foods provided, starting with fruit.
- Food will not be offered as a reward.
- understand the eating habits and nutritional needs of each child.
- provide drinking water to children at all times.
- discuss their concerns about the types or amount of food provided with parents referring to this policy and being consistent with Australian Dietary Guidelines.
- display a written menu if they are providing food for meals and snacks.

**On excursions to parks, preschools and other Educators homes:**

- Special morning teas may occur to celebrate social and cultural events or special occasions. When bringing a plate of food to share, Educators must keep this policy in mind with regard to food preparation and storage (i.e. the need for refrigeration, covered containers).
- Coffee and tea should only be consumed from insulated, covered mugs. Educators and staff are asked to use these mugs to prevent scalds from hot liquids.
- Plain butter cakes, banana cakes, carrot cakes, zucchini cakes and chocolate cakes are recommended as birthday cakes. Cream should be avoided as some children may have lactose allergies.

- The consumption of special foods at play session will be documented in the play session attendance book.

**The Coordination Unit's role:**

- The induction sessions for new Educators and Staff will include a nutrition and food safety component from the *Munch and Move* resources.
- Nutrition and food safety information will be distributed through Educator and Family newsletters and brochures.
- Families will be provided with information regarding appropriate foods to pack for children's lunch and snacks.
- Further training in this area will be provided for Staff and Educators when necessary.