

## ARMIDALE OUT OF SCHOOL HOURS 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, 78, 79, 80, 90, 91 National Quality Area 1 &amp; 2</p> <p>Administering Medication Infection Control/ Handwashing Workplace Health and Safety</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) ACECQA Research and Resources</p>
<b>Date effective</b>	November 2023
<b>Date for review</b>	November 2025
<b>Purpose</b>	As part of our commitment to children’s health, safety and wellbeing, we role-model food safety and hygiene practices, as well as supporting healthy food and beverage choices according to each child’s needs.
<b>Responsibility/applies</b>	Management, Nominated Supervisor, Educators and Families

**Key information:**

Armidale Out of school Hours Care prioritises children’s health, safety and wellbeing. This includes safe practices for handling, preparing and storing food, as well as providing food and beverages that are nutritious and adequate in quantity, and chosen based on each child’s dietary and medical requirements.

We promote a healthy lifestyle, including healthy eating and physical activity and support children’s and families’ understanding about the importance of nutrition and food choices.

We value our families and their cultures, customs and religious traditions and will use our best endeavours to ensure that the food and beverages we provide to their children as part of our after school hours care programme do not go against their preferences.

We incorporate children’s agency and decision-making into our educational program and plan afternoon teas and other food-related experiences that enable this.

### **Procedures:**

- Family's particular needs related to food should be described upon enrolment so that Armidale Out of School Hours Care 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 service with a Health Management Plan, developed and signed by their doctor. The plan needs to be updated annually
- We will clean the food preparation and serving areas as needed throughout the day and at the end of the day with warm, soapy water
- We will use any chemical sanitisers in accordance with the supplier or manufacturer's instructions. The use of more natural products is encouraged as per the Environmental Sustainability Policy.
- We will store all service food at a safe temperature. Perishable food will be refrigerated at a temperature less than 5 degrees
- Educators will wash their hands and fingernails before and after handling food or utensils
- Educators will wear gloves or use tongs to avoid touching the food whilst preparing it for children.
- Educators will not prepare food while suffering from any gastrointestinal illness or from any hand infection
- The Nominated supervisor may discuss any concerns with families about the types or amount of food provided should the food provided to children not be at all consistent with Australian Dietary Guidelines
- Families will be provided with information regarding appropriate foods to pack for children's lunch and snacks in the Family Information Book and via newsletters from time to time.

### **Supervision of Children**

- Educators will request children to wash their hands before they eat meals or snacks
- Children will be supervised while they are eating and discourage direct sharing of food (to prevent allergic reactions or cross contamination).
- Educators will encourage children to be calm and seated while eating to reduce the incidence of choking

### **After School Care:**

- The Nominated Supervisors will endeavour to include selections of food from diverse food groups when planning after school care afternoon tea menus
- Children self-select individual foods from those offered at afternoon tea

- A written Afternoon tea menu will be displayed for the information of families and children
- Fresh Water is available to children at all times that the service is open
- Special afternoon teas may occur to celebrate social and cultural events or special occasions

Vacation Care:

- Families are advised to provide children with healthy, plentiful morning teas, lunches and afternoon teas during vacation care
- Families are requested to pack children's food into appropriate cold storage packaging to prevent contamination
- Families are requested to refrain from providing food which requires reheating by Educators
- 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 are discouraged from packing them in children's lunch boxes
- Families are encouraged to supply food in sustainable packaging to ensure waste is reduced
- Fresh Water is available to children at all times that the service is open
- "Special lunches" such as sausage sizzles, pizza days and popcorn afternoons will be included in vacation care programmes from time to time; families will be made aware of these occasions and their permission sought for children to participate.