

5.1 Food Safety, Nutrition and Dietary Requirements Policy

1. Purpose

To ensure all children enrolled at My Place Family Day Care are offered a nutritious and appropriate diet that has been stored and/or prepared in a safe and hygienic manner, recognising some children require a specific diet.

2. Scope

Nominated Supervisor, Coordinators, Educators, Educator Assistants, parents and children

3. Definitions

Approved Provider: Inala Community House (ICH) has approval from the Federal Government to operate an approved FDC service.

Service: My Place Family Day Care, whose Approved Provider is Inala Community House.

Parent/Guardian: The person responsible for the payment of fees and who is paid the Child Care Subsidy. Referred to as the Parent/s. **PLEASE NOTE: does not include a parent who is prohibited by a court order from having contact with the child**

Authorised Nominee: in relation to a child, means a person who has been given permission by a parent or guardian to collect the child from the FDC Educator.

Educator: A suitably qualified person who is registered with the Service.

Educator's Residence – The home or venue approved to provide childcare by an approved Educator of the Service.

Temperature Control Standards: means maintaining food at a temperature which ensures the food is safe:

5°C or below – Refrigerator temperature

60°C or above – Heating temperature

4. Policy

My Place Family Day Care recognises the early years of a child's life is a critical period for their healthy development and growth. During this time, both physical and intellectual development is largely dependent upon adequate nutritional intake. Eating is also a source of enjoyment. It is important that Educators and staff do not become so concerned about nutrition that they lose sight of children's enjoyment of food. Many of the eating habits and attitudes to food that develop in childhood continue throughout life.

4.1 Healthy Food, Beverages and Nutrition

My Place Family Day Care recognises the importance of a balanced, healthy diet in the growth and development of children's minds and bodies. Parents will be encouraged to supply a healthy balance of nutritious food and drink.

Where the Educator provides meals, they will display a weekly menu accurately describing the food and beverages provided each day.

Educators will provide age and developmentally appropriate and adequate food using the below guidelines 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.

Educators will plan for mealtimes as part of their curriculum as an opportunity to promote healthy eating habits and encourage social interactions.

Children will always have access to safe drinking water.

4.2 Dietary Requirements

Dietary preferences as indicated by parents (such as vegetarianism, cultural and religious needs) will be accounted for by Educators when menu planning and preparing food.

Educators will communicate with parents about the child's daily intake of food and fluids.

Parents will identify any diagnosed allergies of the child on the enrolment form and discuss their child's needs at the time of enrolment and at the interview with the Educator.

Parents of a child with a known food allergy are to provide the service and Educator with a Health Management Plan. If an allergy is identified after a child commences care, a Health Management Plan will be supplied as soon as possible.

4.3 Safe Food Preparation

Hand washing and hygiene practices are consistently applied when handling and preparing food as recommended by Australian Government National Health and Medical Research Council (2013) Staying Healthy in Childcare.

When preparing food Educators will use food safety practices to protect children with food allergies or food intolerance.

4.4 Safe Food Storage

There are appropriate facilities that are in a safe working order at the Educator's residence to ensure food is safe for children and adults including a sink, refrigerator, suitable disposal system, cooking and/or food warming facilities and a hot water supply.

Educators will ensure when food is taken on an excursion, the food is stored in line with Australian/New Zealand Food Standards.

5. Review

This policy remains in effect unless otherwise determined by resolution of the Board of Directors. This policy will be reviewed every two years or sooner as required.

	Date	Details
Revision 00	07/2015	Original Policy Issued
Revision 01	12/2016	Reviewed
Revision 02	08/2017	Reviewed
Revision 03	12/2019	Reviewed
Revision 04	01/2021	Reviewed

6. Related Documents

Policies

- 4.1 Hygiene and Infection Control Policy
- 4.4 Medical Conditions
- 6.1 Child Safe Environment

Procedures

- 4.3 Personal Hygiene Procedure
- 4.5 Handwashing Procedure
- 4.20 Anaphylaxis
- 5.1 Food Handling Procedure
- 5.2 Safe Food Storage Procedure
- 5.3 Nutrition and Dietary Requirement Procedure
- 6.9 Required Facilities

Forms

- Child Enrolment
- Health Management Plan

Other Documents

- Handwashing poster

Universal Precautions poster

References

ACECQA (2017). Guide to National Quality Framework

National Quality Standard, Quality Area 2:

2.1 Health: Each child's health and physical activity is supported and promoted

2.2.3 Health Lifestyle: Healthy eating and physical activity are promoted and appropriate for each child

2.2 Safety: Each child is protected

2.2.1 Supervision: At all times, reasonable precaution and adequate supervision ensure children are protected from harm and hazard.

Retrieved 30th October 2019 from <https://www.acecqa.gov.au/nqf/about/guide>

Australian Government Department of Health & Ageing (2009). Get Up & Grow: Healthy Eating and Physical Activity Guidelines for Early Childhood Settings, retrieved 30th October 2019

[https://www.health.gov.au/internet/main/publishing.nsf/Content/2CDB3A000FE57A4ECA257BF0001916EC/\\$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/2CDB3A000FE57A4ECA257BF0001916EC/$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf)

Australian Government National Health and Medical Research Council (2013). Staying Healthy in Childcare: Preventing infectious diseases in early childhood education and care services (5th Edition), retrieved 30th October 2019 from

<https://www.nhmrc.gov.au/guidelines-publications/ch55>

Nutrition Australia, Australian Dietary Requirements: Recommended Daily Intake –

Retrieved Oct 2019 from <http://www.nutritionaustralia.org/national/resource/australian-dietary-guidelines-recommended-daily-intakes>

Nutrition Australia, Resources and Fact Sheets, retrieved 30th October 2019, from:

www.nutritionaustralia.org/national/resources

Australian guide to Healthy Eating www.eatforhealth.gov.au

Queensland Government, Children's health and Queensland Hospital and Health Services Healthy Kids Project, retrieved 30th October 2019, **from**

<https://www.childrens.health.qld.gov.au/chq/our-services/community-health-services/centre-childrens-health-wellbeing/healthy-kids/>

Food Standards Australia New Zealand Safe Food Australia 2016, Standards 3.3.2 Food Safety Practices and General Requirements retrieved 30th October 2019,

<http://www.foodstandards.gov.au/publications/Documents/Safe%20Food%20Australia/STANDARDS%203.3.2%20Food%20Safety%20Practices%20and%20General%20Requirements.pdf>

Education and Care Services National Regulation 2011

R.77 Health, hygiene and safe food practices

R.78 Food and beverages

R.79 Services providing food and beverages

R.80 Weekly menu

R.168 (2)(a) (i) Education and Care service must have policies and procedures