

# 11. Food & Nutrition Policy

## National Quality Standards (NQS)

Quality Area 2: Children’s Health and Safety	
2.1.3	Healthy lifestyle

Education and Care Services National Regulations	
77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures

## PURPOSE

Our Service recognises 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 their care.

We are committed to implementing the healthy eating key messages outlined in ‘Munch & Move’ and to supporting the *National Healthy Eating Guidelines for Early Childhood Settings* as outlined in the ‘Get Up & Grow’ resources.

Early childhood education services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that our service partners with families to provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing.

Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease. Furthermore, our service identifies the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

Our Service recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children.

## SCOPE

<b>DOCUMENT NUMBER &amp; TITLE</b>		<b>QA2 Food &amp; Nutrition Policy</b>	
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This policy applies to children, families, educators, and management of the Service

## IMPLEMENTATION

Our Service has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

All food prepared by the service or families will endeavour to be consistent with the *Australian Dietary Guidelines* and provide children with 50% of the recommended dietary intake for all nutrients. Food will be served at various times throughout the day to cater for all children’s nutritional needs while taking into consideration individual dietary requirements.

Meal times reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour, by sitting with and sharing a small amount of the food on offer with the children. This assists in creating a positive and enjoyable eating environment.

Food will be prepared in accordance with the Story House Food Safety Program. All kitchens and food preparation areas shall comply with *Food Standards Australia and New Zealand*.

## SOURCE

- Australian Children’s Education & Care Quality Authority (2014)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- Revised Guide to the National Quality Standard - 2018
- Early Years Learning Framework
- Food Standards Australia New Zealand
- Safe Food Australia, 2nd Edition. January 2001
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
- Infant Feeding Guidelines 2012
- Australian Dietary Guidelines 2013
- Eat for health: Dept. Health and Ageing and NHMRC
- Food Safety Standards for Australia 2001
- Food Standards Australia and New Zealand Act 1991
- Food Standards Australia New Zealand Regulations 1994
- Food Act 2003
- Food Regulation 2004
- NSW Food Authority
- Work Health and Safety Act 2011
- Work Health and Safety Regulations 2011
- Dental Association Australia
- Australian Breast Feeding Association Guidelines
- Munch and Move
- Nutrition Australia

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