



**REMOTE CHILD CARE SERVICES  
POLICIES & PROCEDURES**

Policy Name: **HEALTH AND NUTRITION**

Policy Number: 1017

Originated Date: Date of Last review – September 2023

Amended Date/s:

Applicable Legislation: National Quality Frameworks & Standards, the Law and Regulations  
Child Care Act 2001 Tasmanian Licensing Standards for Centre based Child Care, Class 5 (0-12 years)  
Child Care Act 2001

Dataworks Reference:

**POLICY:**

The Midlands Rural and Remote Child Care Services including the Perth Early Learning Centre recognises the importance of the early years (in providing a sound foundation for good health through a nutritious diet, physical activity and the establishment of good life-long eating habits. We are committed to providing this in partnership with parents, and there will be support and respect for individual, cultural and family preferences. There will be recognition of the value of healthy attitudes towards different foods and planned physical activity for children during both indoor and outdoor learning environments.

- The Services are committed to implementing the healthy eating messages as outlined in the
  - Australian Dietary Guidelines (2013)
  - Infant Feeding Guidelines (2012)
  - Get up and Grow : healthy eating and physical activity for early childhood (2013)
  - National Quality Standards. Quality Area 2: Children’s health and safety. Standard 2, element 2.2.1 Health eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.
  - Service Infant Feeding Policy.
- Parents providing food from home will be encouraged to provide nutritionally appropriate food. Guidelines and information will be provided for parents on children’s dietary requirements and alternative snack foods.

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<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutritious-resources>

- Highly processed snack foods high in fat, salt and sugar and low in essential nutrients are strongly discouraged in children's lunch boxes. These foods are known as sometimes foods and should only be consumed sometimes and in small amount, these types of foods should be kept for home time. Foods such as lollies, chips, chocolates, fruit tails, cereal and LCM bars and Nutella are to be excluded from children's lunch boxes and will be sent home in your child's lunch box.
- Following dietary guidelines Cordial/juice/sweet drinks may cause health problems and are to be excluded, families are encouraged to bring water or plain milk only.
- The service will supervise and assist children to receive safe and nutritious food whilst in care. Parents will be provided with appropriate information on the educational value of food and its links to the early childhood development.
- For morning tea children will share a fruit and vegetable platter, offering a variety of fruit or vegetables. Children can make their own choices about which fruit they would like by self-serving, using the child tongs (where possible). Each child is asked to bring a piece of fruit or vegetable to share at this time, educators cut the fruit up and place on a platter. Older children assist in the cutting up of fruit and vegetables, preparing and assisting at morning teatime. Morning tea is run as a progressive morning tea (running from 9.30am – 10.30am), encouraging and supporting children to decide when they would like to engage in morning tea. When ready children sit up at the table serving themselves with the assistance of an educator after fruit children chose a healthy option from their lunchbox. During morning teatime educators ensure that all children have had morning tea.

### **STRATEGIES**

- Families will have access to information on suitable everyday foods to pack in children's lunch boxes, e.g. yoghurt, cheese and wholegrain crackers, fruit bread etc.
- Emergency food will be available to children
- Upon arrival families can place any food in the fridge that needs to be refrigerated; this includes families in Kids Club.
- Educators will engage in discussions with children about food – what it tastes like, where it comes from, what colour and texture it is, encouraging children's input.
- Food will be labelled, stored, and served at safe temperatures.
- The fridge will be cleaned regularly and items in the fridge will be checked e.g. expiry dates etc.
- Gloves are to be worn and tongs used by any educator's directly handling food, general safety and hygiene requirements, procedures and practices will be always adhered to.
- Parents of children on special diets, including allergies and intolerances will be asked to provide details of food requirements, action plan and a letter from their GP.
- Children will have access to snack foods in their own lunch boxes if they are hungry. Educators will monitor the amount of sometimes foods a child eats throughout the day. If

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more than two sometimes foods are provided in a child's lunch box, the child will be able to choose which two options they would like and the rest will be sent home. If limited options are provided in a child's lunch box, they will be provided with a healthier fruit option. And additional sometimes foods will be sent home.

- Water will be always available and offered regularly throughout the day, both indoors and outdoors. Water will be available from the Centre in addition to water provided by families in a clearly labelled drink container.
- Cooled boiled water will be offered to babies under six months who are not exclusively breastfed and to all infants from 6 to 12 months of age.
- Children are encouraged and supported to recognise their body's signals of being full. Children will not be forced to finish their meals if they refuse to eat any more.
- Parents are to be advised when their child is not eating well, and uneaten items will be left in the child's lunch box.
- Communicate on a regular basis with families and provide information and advice on appropriate food and drink to be packed in children's lunch boxes. This information will be provided to families including newsletters, during orientation, information sessions and informal discussions.
- Educators will role model, reinforce and implement healthy eating practices with children during mealtimes.
- Food will not be used as a form of punishment.
- All educators will have a current and relevant food safety training certificate, such as 'I'm Alert.'
- Educators will provide and plan for active outdoor play two or more times throughout the day.
- Free and creative physical activity and play will embedded in the curriculum.
- Intentional teaching experiences will be programmed for during the day such as yoga, dance, drama, climbing and group and individual games as well as music and movement.
- Planned physical activities and experiences will challenge, encourage and provide children to further explore, investigate, take risks and test boundaries and limits.
- Indoor and outdoor play with not be used as a form of punishment.
- On rainy days children will be able to utilize the Community Centre hall to engage in physical activities and experiences.
- Weather permitting the Service has the opportunity to walk down to Perth's train park utilize the equipment.

### **OBJECTIVES**

To teach children about food and nutrition and the importance that it has on family and multicultural values.

- Educators are encouraged to sit with the children and provide positive role models.
- Food awareness experiences will be included in the program – these will cover a variety of cultures (input from families e.g. cultures and nationalities) and nutritional programs e.g. Jamie Oliver.



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- Special occasions can be celebrated with culturally appropriate food to be brought from home, healthier options ideas can be sought from educators, e.g. fruit and vegetable platters served with hummus, tzatziki and guacamole, cheese and biscuits, cupcakes instead of cake, fruit kebab with yoghurt to dip into.
- Parents will be invited to at least one food related occasion each year which will be based on everyday foods.
- Children will be required to wash hands before eating at meal times.
- Recipes for healthier food options will be available to families and educators.
- Children will be encouraged and supported to get 'hands on' experience in food preparation, for example assisting in preparing morning tea.

### RELEVANT LEGISLATION

Education and Care Services National Regulations 77, 78, 79, 80,168

Education and Care Services National Law Act 2010

National Quality Standard 2

2.1.1 Each child's health needs are supported

2.1.3 Effective hygiene practices are promoted and implemented

2.2.1 Healthy eating is promoted, and food and drinks provided by the service are nutritious and appropriate for each child.

2.3.1 Children are adequately supervised at all times.

2.3.2 Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

5.1.2 Every child is able to engage with educators in meaningful open interactions that support the acquisition of skills for life and learning.

### POLICY REVIEW

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- . The service will review this Philosophy, every 12 months or sooner if required.
- . Families are encouraged to collaborate with the service to review the centre's Philosophy, policies and procedures.
- . All staff are essential stakeholders in the policy review process and will be encouraged to be actively involved in this process.
  
- . Date of next review – September 2024

### SOURCES AND FURTHER READING

Department of Health and Human Services

Food Standards Australia and New Zealand – <http://www.foodstandards.gov.au>

Department of Health and Aging – Get Up and Grow

Department of Health and Human Services – Tuckertalk – The Family Nutrition Education Manual

Department of Health and Human Services - Community Nutrition Unit

Promoting Healthy Eating and Nutrition In Education and Care Services 2012