

<b>D-2</b>	<b>NUTRITION</b>	
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## POLICY STATEMENT

TWOOSH believes that good nutrition is essential for healthy growth and development. We aim to provide a variety of high quality nutritious food at TWOOSH to develop and encourage healthy eating habits in all of the children.

All food served at TWOOSH will be:

- ◆ consistent with the child's own dietary requirements
- ◆ take into consideration the children's likes and dislikes
- ◆ meet any cultural requirements of families (*"My Time, Our Place"* 3.2).

High standards of hygiene will be maintained throughout all food preparation (refer to Policy D-14).

We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks (*"My Time, Our Place"* 1.1). Educators will encourage the children to develop positive eating habits by modelling and reinforcing healthy eating and nutrition practices. Guardians will be encouraged to share ideas, and family or cultural values. This information will be used to enrich the variety and enjoyment of food by the children and support the children's development of respect for and understanding of diversity. (*"My Time, Our Place"* 1.3).

## REFERENCES AND CONSIDERATIONS

- National Education and Care Service Regulations 77, 78, 79, 80 (2011)
- National Quality Framework, Standard 2.1 Element 2.1.3. (2012)
- My Time, Our Place - Framework for School Age Care in Australia
- Food for Health: Dietary Guidelines for Children and Adolescents in Australia (2003 | updated 2011)
- Food Standards Code (FSANZ) (2010)
- Food Act (NSW) (2003)
- Food Regulation (NSW) (2015)
- NRG@OOSH – Nutrition Ready to Go (Network of Community Activities)
- Heart Foundation: Eat Smart, Play Smart – A Manual for OOSH (2016)

## Related TWOOSH documents

- Family Information Booklet
- TWOOSH Educators Handbook
- Policy D-10 – Allergies
- Policy D-14 – Food handling and safe storage of food

## PROCEDURE

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### Menu

- ◆ A menu is developed using the principles set out in *Food for Health: Dietary Guidelines for Children and Adolescents Australia*. This will be on display for families and children. The menu will be an accurate representation of food and drink that is being served.
- ◆ Children will be encouraged to share and try a range of cultural traditions, ideas and recipes in the menu. All family and multicultural practices will be acknowledged and addressed in the provision of food.
- ◆ All children's individual needs concerning food and nutrition, in particular food allergies and religious restrictions, will be addressed and catered for. However TWOOSH will not cater for general food dislikes. If children have specific food needs, the guardians will meet with the Director to discuss the issue and develop a plan to meet the child's needs. If a child is fussy when it comes to food, it is suggested that the family provides the child with extra food.
- ◆ In relation to children's allergies or food restrictions (see also Policy D-10):
  - TWOOSH will keep a list of all children's allergies or food restrictions in the kitchen area to ensure all Educators check these when preparing food.
  - When a food allergy is severe, Educators will be notified by the Director through staff meetings, private Facebook page, on the roll (during vacation care), or verbally on the day to ensure all Educators are aware and vigilant.
  - A detailed information sheet advising the children's additional needs concerning food and nutrition will be displayed on the fridge along with any alternative food provisions to assist Educators with preparing afternoon tea.

### Food and drink

- ◆ Food and drink will be provided for breakfast and afternoon tea; small nutritious snacks will also be available as necessary throughout the afternoon. Sensible portion sizes will be encouraged. Fresh drinking water will be available at all times for the children and Educators.
- ◆ During vacation care, guardians will be asked to provide their child's lunch and drinks, unless otherwise stated on the program. Afternoon tea will be provided and a menu will be displayed.
- ◆ Children will be encouraged to be seated while eating or drinking.
- ◆ The denial of food will never be used as a form of punishment.

### Education

- ◆ Education of healthy eating habits will be developed through ongoing examples and specific activities, such as cooking. During cooking experiences, nutrition issues will be explicitly addressed and discussed by the children and educators. Formal and informal discussions will be held regarding balanced diets and exercise.
- ◆ As well as being involved in menu planning, children will be encouraged to participate in preparing and serving food. Cooking activities that involve children will be designed to encourage and develop life skills. Educators and children will adhere to safe and hygienic practices at all times. This relates to food storage, food preparation, food preparation facilities, personal hygiene and cleaning. See Policy D-14 for more information.
- ◆ Educators may be required to attend regular professional development on nutrition and food safety practices and document changes to practice as a result.

## Revisions

Date of next review: April 2021

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Date	Reviewer	Approved by
18.6.18		TWOOSH Management Committee
18.03.19		TWOOSH Management Committee
14.09.20	CB, MK	TWOOSH Management Committee
11.05.21	SR	TWOOSH Management Committee

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