

KOSHC NUTRITION POLICY

The Kapunda OSHC service considers nutrition to be a vital component in the healthy development of children. The service uses the *Dietary Guidelines for Children and Adolescents* developed by the National Health and Medical Research Council, as a basis for the service's policy and practices regarding nutrition. Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits. Parents will be consulted and encouraged to share family and multicultural values and experiences to enrich the variety and enjoyment of food to meet children's nutritional needs. We are compliant with the food handling practices contained in the Australian Food Safety Standards. Our educators are asked to model best practices at all times.



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HOW THE POLICY WILL BE IMPLEMENTED

- Food and beverages are prepared and stored hygienically in accordance with **Australian Food Safety Standards**.
- The service will provide children with balanced snacks that meet the recommended nutritional needs of children as set out in the **Dietary Guidelines for Children and Adolescents**.
- **KOSHC is a “Nut Aware” facility**. All food provided will be nut free and parents are asked not to supply nut products for the children. Staff will monitor children’s food to support this.
- Educators will interact with the children and encourage good eating habits and an appreciation of a variety of foods and drinks. Educators will model healthy eating practices.
- The importance of good, healthy food will be discussed with children during snack time, as appropriate.
- Where possible, snacks and drinks will reflect a wide variety of cultures, especially the cultural backgrounds of families and within the local community.
- Snacks and drinks will be appetising and provide variety. Where possible, fresh produce that is locally sourced will be used.
- Menus will be planned with input from children, parents and educators.
- A weekly menu will be displayed.
- Drinking water will always be available and accessible to educators and children.
- Snacks and meal times will have a regular schedule but small, nutritious snacks will be available to hungry children.
- Children will be able to have additional fruit snacks.
- Children will be encouraged to try different food but will never be forced to eat. Their food likes and dislikes and their family’s religious and cultural beliefs regarding food will always be respected.
- Where children are on special diets, the parents may be asked to provide a list of suitable and unsuitable foods and their child’s food preferences or to supply special food.
- The denial of food will never be used as punishment.
- Children are encouraged to wash their hands before eating and observe the requirements of safe food handling.
- Children will be encouraged to participate in meal/snack preparation and clean-up activities as part of the service’s life skills focus.
- Up to date information on nutrition, food handling and storage will be displayed at the service and provided to parents.
- During Vacation care and Pupil free days, parents will be asked to provide their child’s lunch, morning tea and drinks, except when otherwise stated on the program.

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- A light breakfast will be available for children where necessary at Before School Care and Vacation Care before 8.15am. It will include a choice of wholegrain cereals, bread, milk and fresh fruit.
- Afternoon tea will be available between 3.15pm and 4pm and be provided by the service. It will always include fruit, vegetables and wholegrain carbohydrates.
- When food is prepared as part of the children’s program of activities, the ingredients and preparation techniques used will be hygienic and safe and contribute to children’s nutritional needs.
- Food brought from home needs to be ready to eat. Educators will not prepare or reheat meals for the children.
- Families will be provided with the services nutrition policy as part of the family information pack and through posters and pamphlets located prominently at the service.

Education and Care Services National Regulations	National Quality Standard	Other policies/service documentation	Other legislation and guidelines
168	2.2		Australian Food Standards
77,78,79,80			Dietary Guidelines for Children and Adolescents in Australia DECD Eat Well Rite Bite Healthy Eating Guidelines for South Australian Schools and Preschools