

EIKOH SEMINAR AUSTRALIA PTY LTD.

NUTRITION / FOOD / BEVERAGES / DIETARY REQUIREMENTS POLICY

(for Centres where meals are brought from home)

Aim:

- We aim to encourage healthy eating habits in children as it is during these early years that later eating habits are established.
- We aim to provide parents and children with information on nutrition and we ask that parents provide a healthy morning tea and lunch which reflects an appropriate balance of the 5 Food groups.
- All meals including food brought from home and food provided by the centre (i.e. Afternoon Tea) will be stored and prepared and handled in a safe and hygienic manner.

Practice:

- We will provide families with information on nutrition through newsletters and brochures.
- We will help the children to learn about nutrition, understand the value of healthy eating through our program and group discussions.
- We will provide all families with a 'suggestions for morning tea and lunch list' on enrolment.
- Menus will be planned to provide a healthy and balanced Afternoon Tea.
- Afternoon Tea menus will be displayed for parents and they will be encouraged to have input and make suggestions for Afternoon Tea snacks.
- Children will have access to bread, crispbreads or fruit if they are hungry between meals.
- Safe drinking water will be available at all times.
- All food brought from home will be stored in the refrigerator (at correct temperature). If families would prefer that the food is stored at room temp or in a thermos a waiver (S.18) must be signed.
- All food will be prepared and served and handled hygienically according to our Food Storage, Preparation and Handling Policy.
- Staff will have completed Food Handling Training.
- As per our Medical Conditions Policy our centre shall remain a nut aware centre and that all dietary requirements relating to medical conditions are adhered to.
- At all times the centre will ensure that there are provisions for lunch to be made for any child who has forgotten their lunch.
- Lollies and unhealthy foods will be sent home.

Foods in a thermos or food flask:

We do not recommend that children bring food in a thermos or food flask as it may not meet food safety standards. We are not able to heat food that is brought in from home at the centres. In the event that families choose to send food in a food thermos or food flask against food safety standards, EIKOH SEMINAR AUSTRALIA PTY LTD and its child care centres accept NO Responsibility for any illness etc. that may occur as a result of the children consuming food from a food thermos or food flask. All families at St Ives Chase Kindergarten and Roseville Kindergarten where families are required to provide their children's food will need to complete an S.18 Food Storage form/waiver to use a food thermos or food flask.

Source:

- Education and Care Services National Regulations 2011
- National Quality Standard
- Staying Healthy - Preventing Infectious Diseases in Early Childhood Education and Care Services 5th Edition 2012
- Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood Settings
- The Australian Guide to Healthy Eating.
- National Health and Medical Research Council.
- Community Child Care Co-operative (NSW)

Date: August 2020

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