

ECEC POLICY



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| Nutrition Policy | Document No: | R168 2 (a) (i) |
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The City of Greater Geelong is a Child Safe Organisation. We take the wellbeing and safety of children seriously and have zero tolerance for child abuse of any kind.

1. PURPOSE

The City of Greater Geelong Early Childhood Education and Care (ECEC) Services recognise that the early years of a child's life are critical to healthy development and growth. During this time both physical and intellectual development is largely dependent upon adequate nutritional intake. Good nutrition is essential to healthy living and enables children to be active participants in play and leisure.

2. SCOPE

ALL SERVICES:

We promote healthy lifestyles, including healthy eating and physical activity through supporting children and families' understanding about the importance of nutrition and food choices.

We value our families and their cultures, customs and religious traditions. We work with them to ensure that the food and beverages we provide to their children reflect their preferences and we seek to incorporate children's agency and decision-making into our educational program. We plan mealtimes and other food-related experiences that enable this.

Whether supplied by the Service, or by the family, food must be stored and prepared in a safe, hygienic manner, in line with food safety guidelines.

In line with the **Paramountcy Principle (s2A)** every person involved in delivering our education and care services will ensure that the safety, rights and best interests of children is the **paramount consideration in all their decisions and actions**.

3. REFERENCES

- Australian Dietary Guidelines 2013 <http://www.nhmrc.gov.au>
- Education and Care National Regulations 2011
- Amendments 2017
- Education and Care National Law Act 2010
- Amendments 2017

- Education and Care National Quality Standard
- ECEC Food Safety Plan
- Food Safety Standards Australia
- Child Safe Standards 2022 2, 3, 6, 8, 9, 11

4. ECEC POLICY

IN ALL SERVICES:

- Parents will be guided as to where to read the current Nutrition Policy and provided with a copy if requested.
- All children's food induced allergies will be recorded as part of the initial enrolment and all appropriate Medical Action Plans /Communication and Risk Minimisation plans will be completed.
- All requirements pertaining to food including cultural or dietary preferences or intolerances will be collected and recorded at enrolment and shared with relevant educators, staff and kitchen staff at Services.
- Educators will embed good nutritional practices, safe food handling and hygiene practices as part of their ongoing educational program.
- Educators will keep abreast of current health and nutrition advice and share this information with families.
- Water will always be available for children to access easily. Personal drink bottles should be labelled.
- Water is served with lunch.
- Meals and snacks will be provided on a regular, but flexible basis.
- Children will be encouraged to try a variety of foods. If the first course is refused a second course will be offered.
- Second serves of food can be provided where appropriate.
- Children will be encouraged to develop independence skills, such as feeding themselves, pouring their own drinks and using cutlery.
- The children will be allowed enough time to eat in a relaxed environment.
- Food will not be used as an incentive, bribe or reward.
- Where possible children should be offered options e.g. more than one type of fruit for morning tea.
- Breast feeding and bottle feeding will be promoted and welcomed throughout the Service and a comfortable relaxed environment provided.
- Children and Educator's hands will be washed before preparing, serving or eating food.
- Children will remain seated whilst eating.
- Educators are encouraged to sit and share a meal with children at mealtimes and promote healthy eating choices, safe eating practices and the social benefits of shared mealtimes.
- Parents will be notified if children's eating habits change.
- All educators will be encouraged to update food handling certificates regularly (see individual Service handbooks).
- All food will be stored and served at safe temperatures as per food safety guidelines.
- Cooking experiences with the children will be hygienic and nutritionally sound and include locally grown or sourced products where possible.

SERVICE PROVIDED FOOD, Educators will:

- Ensure all team members serving food to children are aware of every child who has a food related allergy / intolerance, and this is reflected in their approach to ensure safeguards are in place to prevent children being provided the wrong food.
- Promote the consumption of fruit and vegetables and healthy food options in line with the **Australian Dietary Guidelines** (refer to healthy eating guide service handbook).
- Provide full cream milk at morning and afternoon tea times. Dietary restrictions will be responded to.
- Only calcium fortified dairy alternatives will be provided.
- Offer second courses - being fruit or milk based.
- Liaise on menu planning in consultation with the cook and the Centre Manager/Director, children and families.
- Provide families with feedback on menus and meals where requested.
- Encourage parents to complete a **Food Sensitivities Communication Form** and discuss their child's specific needs where the Service provides meals.

SERVICE PROVIDED FOOD:

- Menus operate on a minimum 2-week cycle and are regularly reviewed.
- Menus will be displayed at each Service.
- Menus contain food choices from a variety of cultures.
- Cooks are responsible for the ordering and purchasing of food.
- Where possible, food will be sourced from local suppliers.
- Centres have regular audits conducted on registered Class 1 Food Services by the City of Greater Geelong and annual 3rd party audits are also conducted.
- A minimum of two centre-based staff must hold a current Food Supervisor's certificate.

FAMILY PROVIDED FOOD, Families will:

- Provide food that is easily prepared by educators or kitchen staff (re-heating, cold food, or sandwiches).
- Provide food that is nutritious in nature and will *avoid sending high levels of salt and sugar products* when attending ECEC Programs.
- When providing food and beverages from home, ensure these are nutritious and plentiful and that they are in line with service requirements (e.g. that they do not contain allergens that could harm other children at the service).

- Liaise with Room Leaders when providing for special occasions. This must be approved by the child's educator (or Centre Manager/Director) and must be signed in to the service upon arrival.
- Ensure if their children have a medical condition that can be impacted by food, work with the service to develop risk minimisation plans ahead of attendance.
- Ensure all food allergy notifications are up to date and communicated to ECEC Service, prior to child attending.

5. QUALITY RECORDS

Menu Planning Guidelines for Long Day Care – Nutrition Australia

www.heas.health.vic.gov.au

Healthy Eating Advisory Service: heas@nutritionaustralia.org



TeachersGuide
Coeliac including ris

The Coeliac Child in ECEC

www.coeliac.org.au



Gluten Free
Catering Guide (002

ACECQA Policy Guidelines: NUTRITION, FOOD AND BEVERAGES, DIETARY REQUIREMENTS

6. ATTACHMENTS

TEMPLATE – Food Sensitivities Communication Form (D22 – 397412)