

5.22 Nutrition Policy

Policy: Elonera Montessori School recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in their care. This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development. The school is committed to implementing the healthy eating key messages outlined in Munch & Move and to supporting the National Healthy Eating Guidelines for Early Childhood Settings as outlined in the Get Up & Grow resources. Further, Elonera Montessori School recognises the importance of supporting families in providing healthy food and drink to their children. Elonera Montessori school will provide food and nutrition education consistent with the national dietary guidelines for children and adolescents, state regulations, food safety principles that are appropriate to their age, cultural background, religion or medical needs.

Background: Children and adolescents are developing rapidly and require a nutritious and safe diet for their intellectual, behavioural and physical development. Education and learning activities in relation to healthy eating is also important in their development.

Relevant Legislation: *Food Act 2003 (NSW); Food Regulation 2010(NSW)*; Education and Care Services National Law Act 2010; Education and Care Services National Regulations 2011; Work Health and Safety Act 2011.

Key Resources: Food Standards Australia New Zealand (FSANZ) www.foodstandards.gov.au, Munch and Move www.healthykids.nsw.gov.au/teachers-childcare/munch-and-move.aspx, Australian Guide to Healthy Eating www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating, Australian Government guidelines *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood* <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-staffcarers>, and *Australian Dietary Guidelines* <https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>

National Regulations

77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu

This policy aims to:

- Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Australian Dietary Guidelines.
- Provide food to children that has been stored, prepared and served in a safe and hygienic manner and to promote hygienic food practices.
- Provide a positive eating environment which reflects cultural and family values.
- Promote lifelong learning for children, early childhood educators and families about healthy food and drink choices.
- Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service.

Procedures:

To provide food and nutrition education at Elonera Montessori School consistent with national dietary guidelines.

In General:

- Ensure **drinking water** is provided and available to children at all times and that they drink enough.
- Fruit juice is discouraged.
- **We do not operate as a “food business”** in accordance with FSANZ Food Safety Code as the children bring their own food to school for the school and preschool.

- Ensure that food and drink provided to children at the school is **consistent with the Dietary Guide**.
- Ensure that each child is provided with food and drinks that are nutritious, adequate in quantity, varied, offered at frequent intervals and appropriate to the developmental needs of the child,
- **Ensure that information is readily available to parents** of children outlining the approach to take to meet the nutritional needs of children including special dietary needs, culture and religion.
- **Ensure the use of principles of safe food handling and prevention of transmission of food borne illness.**
- **Provide suitable foods for second helpings** and access to healthy snacks if the child is hungry
- **Promote a strategy for reducing risk of food allergies and anaphylaxis** and for preventing choking accidents (see Medical Conditions Policy).
- **Promote an environment that support family values** (ie both staff and children sit together, children eat at their table).
- **Promote strategies for collaborative development of policies**, practices and education that involve families and nutrition and health professionals. This will involve:
 - Feedback to parent if child is not eating well
 - Asking parents with children on special diets for details of food needs
 - Food is not used as a punishment or a reward
 - Involve families by asking for favourite recipes, ensuring that they are nutritionally sufficient
- **Provide education and activities** for children that promote healthy eating by:
 - Providing hands on activities that reflect culturally and linguistically diverse families
 - Using healthy eating as an opportunity to expand the cultural program
- **Provide information and develop strategies in collaboration with parents that help reduce the prevalence and impact of obesity in children**
- **Provide staff development opportunities for staff that supports nutrition and food safety principles.**

OOSH and Canteen

- The OOSH service and canteen are a service that provides nutritious snacks that are pre-prepared.
- The OOSH service will ensure that a menu outlines the food to be provided throughout the week and is prominently displayed in a place visible to parents.
- Ensure that if a child is provided with a service for 8 hours or more that the child is provided with at least 50% of the recommended daily intake. This is a responsibility of the OOSH staff providing after school care. This does not apply to Nido as the parents provide the lunch for the children.
- **Provide a written menu in line with the Regulation that addresses:**
 - a variety of foods that satisfies current nutritional standards and satisfies children’s appetites and interests.
 - quantities of food that need to be provided for meals and snacks should meet NSW regulations.
 - the quality of food provided (ie limit the amount of foods high in sugar and saturated fats and low in fibre).
 - meals and snacks that are appropriate for children’s age, cultural and religious background.
 - meals and snacks that are appropriate for children with food allergies, or medical conditions or disabilities related to eating and nutrition.

Document Control

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Elizabeth Goor – Head of School	
Process owners (final sign off requirements):	
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