



## Food and Nutrition Policy

Good nutrition involves eating a variety of foods. Encouraging healthy choices from an early age ensures good habits in the future.

Children have two special nutritional needs:

- Food for growth
- Food for energy

**Goal.** To supervise and assist children to receive nutritious food.

### Strategies:

1. All parents/carers will be provided with a copy of the centres most recent food and nutrition policy on enrolment
2. A list of recommended and discouraged foods will be given to all parents via our parent handbook and displays
3. If inappropriate foods are brought to the centre they will be sent home with a note suggesting healthy alternatives
4. Water will be the primary drink and readily available, large quantities of juices will be discouraged
5. Milk supplied by the centre will be full cream
6. Emergency food will always be available
7. Children will have access to fruit and their lunch boxes if they are hungry between meals (based on individual centres)
8. Parents will be advised when their child is not eating well

**Goal.** To assist children to receive safe food and to promote hygienic food practices.

### Strategies:

1. Staff and children will wash their hands before handling food or eating meals and snacks
2. Food will be stored in a refrigerator set at 4 deg. C or below as soon as possible after a child arrives
3. Children will be discouraged from handling other children's food and utensils

**Goal.** To provide an environment that promotes family and multicultural values.

**Strategies:**

1. Staff members are encouraged to sit with children at mealtimes, where ever possible
2. Food will not be used as a form of punishment either by its provision or denial
3. Food awareness activities will be chosen from a variety of cultures
4. Special occasions will be celebrated with culturally appropriate foods eg birthdays, cultural and religious days.
5. Parents will be encouraged to be involved in food awareness activities

**Goal.** To teach children about food and nutrition.

**Strategies:**

1. Food awareness activities will be included in the centre program
2. Children will be encouraged to be involved in food preparation experiences
3. The foods eaten by the children will be discussed with them

**Goal.** To have a sound knowledge of children's nutritional needs, menu planning and the ability to plan for specific dietary needs.

**Strategies:**

1. To plan the menu with a daily nutritional balance meeting 75% of a child's needs.
2. Food will provide a variety in colour, taste and texture.
3. Menu planning will be a team effort. The menu will be displayed in the kitchen area and clearly displayed for families.
4. Parent opinion will be sought through a survey after new menu is implemented each quarter. The menu will reflect seasonal changes.
5. Children who are on special diets, the parents/guardians will be asked to provide as much detail as possible about suitable foods. Some of these foods may need to be provided by the parents.