

# Nutrition, Food & Beverage Policy

## including Food Safety

### Purpose

At Peak we have a strong focus on educating for and developing children’s health through promoting a healthy lifestyle. We believe that good nutrition is essential for each child’s healthy growth and development. For this reason, the service will provide nutritious, good quality food that is consistent with the Dietary Guidelines for Children and Young People in Australia. We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks (“My Time, Our Place” 1.1). All food served at the service will be consistent with the child’s own dietary requirements, and take into consideration the children’s likes and dislikes as well as any cultural requirements of families (“My Time, Our Place” 3.2). High standards of hygiene will be maintained throughout all food preparation. We will encourage the development of the children’s good eating habits through the modelling and reinforcing of healthy eating and nutrition practices by educators. We will seek out opportunities to grow our own food and collaborate with children to use food we have grown ourselves in our menu planning (“My Time, Our Place” 3.4). Where possible, our families will be encouraged to share recipes and traditions to enrich the variety and enjoyment of food by the children and support the children’s development of, respect for and understanding of diversity (“My Time, Our Place” 1.3).

### Considerations

Education and Care Services National Regulations	National Quality Standard/s	Other Service policies/documentation	Other
Regulations 77, 78, 79, 80, 90, 91, 160, 162, 168, 169, 170, 171, 172	Standard 2.1.2, 2.1.3, 2.2.1, 3.1, 4.1.1, 6.1, 7.1	<ul style="list-style-type: none"> <li>- Parent Handbook</li> <li>- Staff Handbook</li> <li>- Health, Hygiene and Cleaning Policy</li> <li>- Dealing with Infectious Diseases Policy</li> <li>- Medical Conditions Policy including Anaphylaxis, Asthma and Diabetes Management</li> </ul>	<ul style="list-style-type: none"> <li>- Australian Dietary Guidelines for children and adolescents. <a href="https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines">https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines</a></li> <li>- National <a href="#">Food Standards Code (FSANZ)</a></li> <li>- <a href="#">Food Act 2003 (NSW)</a></li> <li>- <a href="#">Food Regulation 2015 (NSW)</a></li> <li>- Network of Community Activities</li> </ul>

Peak Sports and Learning prioritises children's health, safety and wellbeing. This includes safe practices for handling, preparing and storing food, as well as providing food and beverages that are nutritious and adequate in quantity, and chosen based on each child's dietary and medical requirements.

Our procedures will ensure that we:

- promote a healthy lifestyle, including healthy eating and physical activity in line with our motto of Fitness Education and fun.
- support children and families' understanding about the importance of nutrition and food choices.
- 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.
- incorporate children's agency and decision-making into our program in planning meal times and other food-related experiences

### **Roles & Responsibilities**

Peak Sports & Learning Management & Educators:

- ensure that obligations under the Education and Care Services National Law and National Regulations are met
- ensure adequate health and hygiene practices are followed, as well as safe premises, equipment and practices for handling, preparing and storing food, in line with Australian food safety standards
- handle, prepare and store food using safe practices, in line with Australian food safety standards
- ensure children have access to safe drinking water at all times and are offered food and beverages appropriate to each child's needs
- ensure the food and beverages provided are nutritious and adequate in quantity, and chosen based on each child's dietary requirements (accounting for their growth and development needs, as well as any specific cultural, religious or health requirements)
- implement and reflect on program planning to:
  - promote healthy eating and knowledge of nutrition by children
  - promote healthy eating
  - involve children in decision-making about healthy food and beverage choices, e.g. having them assist with food preparation.
- display and make accessible to family members a menu which accurately describes the food and beverages to be provided by the service each day
- ensure that child enrolment records include any special considerations for the child, such as cultural or religious dietary restrictions, as well as any health-related dietary restrictions
- ensure risk minimisation plans are developed for children with medical conditions that can be impacted by food
- ensure that healthy eating is promoted
- take reasonable steps to ensure that nominated supervisors, educators, staff and volunteers follow the Nutrition, Food & Beverage Policy
- ensure that copies of the policy and procedures are readily accessible

## **Families**

Parents and Carers are required to:

- ensure the service is advised of their child's dietary requirements as well as any specific cultural, religious or health requirements – at the time of enrolment, and ensure this information is kept up-to-date
- should their children have a medical condition that can be impacted by food, work with the service to develop a risk minimisation and communication plan
- if providing food and beverages from home, ensure these are nutritious and plentiful and that they are in line with service requirements such as allergen friendly (e.g. nut aware)

## **Procedures**

### **Planning for nutrition, food and beverages, dietary requirements**

- Peak educators will model a healthy and active lifestyle and encourage nutrition awareness and healthy, hygienic behaviours in the children.
- A daily menu will be on display for families and children at all times and be an accurate representation of the food and drink that is being served.
- All menus will be developed using the Australian Dietary Guidelines for children and adolescents.
- All children's individual needs such as allergies, cultural requirements, and health needs will be communicated through the enrolment process and on the daily roll considerations. Individual eating plans will be developed to accommodate individual needs where required. Occasionally, where necessary, families will be advised if they are required to supply specific foods for their child.
- Food and drink consistent with the menu will be provided for breakfast, morning and afternoon tea as well as small nutritious snacks available as necessary.
- Fresh drinking water and clean cups will be available at all times for the children and educators.
- During vacation care, families will be asked to provide their child's lunch and drinks, unless otherwise stated on the program.
- Children and families will be encouraged to share family and cultural traditions, ideas and recipes to contribute to the menu through an e-cookbook.
- Healthy eating is consistently promoted within the service. Education of healthy eating habits will be developed through ongoing example, specific activities, notices, displays, posters and newsletter information to families.
- The denial of food will never be used as a punishment.
- Children's cooking activities will be encouraged to develop life skills and to broaden their nutrition experiences.

### **Allergen Management**

- We recognise that food allergies can cause serious, life threatening conditions for some children. To keep all our children safe, Peak aims to eliminate those foods that have been determined to cause severe allergic reactions in children.

- Where a child has a life-threatening food allergy the service will endeavour to be free of the particular food allergen in the service. Families will be advised not to supply that allergen for their own children. This is the case for nuts in all Peak centres. Individual centres are also free of specific allergens such as eggs and berries.
- Upon enrolment, parents are asked to indicate any allergies their child may have. In the case of severe allergy, parents will provide the child's Medical Action Plan and an Risk Minimisation and Communication form will be developed.
- Peak centres will maintain a risk minimisation folder containing children's medical management and risk minimisation plans. This will be clearly labelled and accessible to all staff members.
- All dietary allergies or anaphylaxis of children present will be printed with the daily roll. It is deemed the responsibility of every educator at the service to read and refer to the list at the commencement of their day.
- Food will be stored, prepared and served with all care taken to ensure that there is no presence of a known allergen.
- If an educator becomes aware of a child being exposed to food which is a known allergen to them, the Supervisor must be notified immediately.

#### **Food preparation & safety**

- All food will be prepared and stored in a hygienic manner as per the current Australian Food Standards.
- Opened food will be stored in tightly sealed containers, labelled with the open date and use by date, and stored appropriately.
- Kitchen equipment will be cleaned and stored appropriately.
- Surfaces are cleaned and sanitised with a chlorine based, food grade product before and after food preparation.
- All perishable foods will be stored in the refrigerator and the temperature should be monitored to ensure it is less than 5°C,
- Children will be encouraged not to share their drinking and eating utensils.
- Tongs and spoons will be used for the serving of food. Where possible, educators will encourage children to serve their own food and drinks to encourage the development of their food handling skills as well as acknowledging their growing sense of independence.
- All cups, plates and utensils will be washed in hot, soapy water.
- Children should be seated while eating or drinking.
- Educators must wear gloves when preparing food. Care must be taken to avoid contaminating food by only using them for one continuous task and then discarding them. Gloves must be removed, discarded, hands washed and the gloves replaced with a new pair before handling food and before working with ready to eat food after handling raw food.
- Gloves must be removed and discarded before using the toilet, smoking, coughing, sneezing, using a handkerchief, eating, drinking or touching the hair, scalp or body. They will then be replaced if food preparation continues.

- All rubbish or leftover food is to be disposed of immediately in lidded bins and bins emptied daily and regularly cleaned with disinfectant.
- Containers are to be cleaned and stored appropriately to ensure pests are not able to contaminate them.
- Children will be encouraged to be involved in food preparation to assist them to have opportunities to learn more about hygiene practices when preparing food. This participation should always be supervised and an explanation provided to children on the reasons why hygienic conditions are maintained.
- The service will regularly review and evaluate food handling practices in line with current best practice guidelines from recognised authorities.
- The service will provide food handling and hygiene information to parents.

### Consultation with third parties

From time to time the service will engage with other organisations to review and seek improvement to Nutrition, Food and Beverage provisions at the service. This includes studies from local University of Wollongong. When children are involved in any sort of study, appropriate consent will be sought and participation is not mandatory.

### Version Control Table

Version Control	Date Released	Next Review	Approved by	Amendment
1	Jan 2017	May 2018	Directors	Nil – small amendments to procedures
2	June 2018	October 2019	Directors	<ul style="list-style-type: none"> <li>- Rewritten and edited to reflect 2018 updated Quality Standards.</li> <li>- Links added from Centre philosophies and QIP</li> <li>- Allergen Management added</li> </ul>
3	Oct 2019	Oct 2020	Directors	Amalgamated Food and Beverage Policy with Development of Nutrition Policy.
4	February 2020	April 2022	Directors	Small amendments to program development. Moved to new document review timeline.
5	April 2022	April 2024	Directors	UOW studies incorporated as regular occurrence.