



Food and Nutrition Policy

The Centre provides a nutritionally balanced menu that incorporates all of the five major food groups. All menus are developed using the Dietary Guidelines for Children and Adolescents in Australia produced by the NHMRC¹. The Centre in conjunction with the staff team, Management Committee and other interested parents, plan a 6 week rotating menu, taking into consideration seasonal variations in the availability of food items. The menu is displayed on the Centre noticeboard.

We will always ensure that children are provided with at least 50 per cent of the recommended daily intake which is equal to:

Food Group	Minimum number of serves to be offered in long day care	Equivalent amount of food
Milk and milk alternatives	3	300 mls
Bread and cereals	2	60 grams
Fruit	1	150 grams
Vegetables	1	75 grams
Meat and Meat Alternatives	1	45 grams
Fats and Oils	1.5	7 grams

The amount of food needed each day varies with the age, size and activity level of the child. Children are encouraged to try new foods regularly, including different colours, textures and flavours and aromas.

Food is not used as a reward, incentive or for comfort.

¹ National Health and Medical Research Council. 2003. *Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers*.

http://www.nhmrc.gov.au/publications/_files/n34.pdf Last accessed: 22nd August 2011.

Food and drink to be provided by the Centre includes:

- Breakfast for children before 8am
- Morning tea,
- Two course lunch,
- Afternoon tea
- Late afternoon snack.

Water is available for children to consume at all times during indoor and outdoor activities. Cooled boiled water is made available to children less than 12 months. No drink other than water is to be brought into the Centre. Milk and water are the only fluids given throughout the day for drinking.

On an occasional basis, the Centre will provide food that has been produced through food related activities involving the children.

The individual feeding routines of children under 12 months will be met. Parents/guardians are to consult with staff about their child's requirements. Formula milk is to be made up by the parents/guardians and brought into the Centre in the child's bottles from home. Breast milk and formula milk will be stored in the fridge in the Tiny Tots room. Bottles of formula and breast milk are heated as needed using a bottle warmer. We encourage and support parents who continue breastfeeding while their child attends the Centre, including providing a comfortable space for mothers to breastfeed at the Centre.

Special diets and/or cultural and religious considerations are catered for, however the provision of "special" food supplements will be the responsibility of the Parents/Guardians and fees will not be reduced. Parents/Guardians should consult with the child care staff and the cook concerning these matters. No pork or bacon is used within the Centre. Vegetarian meals are available for children.

Breakfast is provided by the Centre, if children arrive before 8.00 am. The Centre will provide cereal only. Parents may bring in a readymade breakfast for their child of either toast, fresh fruit, or dry cereal (milk can be added at the Centre). These foods must not contain or have traces of any peanuts, sesame or seed products (e.g. No peanut butter or cereal containing peanuts. If any other forms of food, other than toast, fresh fruit, or dry cereal comes to the Centre with a child, the food will be given back to the parent or placed in the bin. This is to ensure the health and safety of all children especially those with food allergies.

The Centre is committed to the following:

- Educating children and their parents/guardians about the importance of healthy food and healthy eating habits. Healthy eating habits are critical to reduce the risk of health problems in later life such as heart disease, cancer, diabetes and obesity.
- Providing the Centre's families with information on the importance of good nutrition in children through displaying information on the notice board and Centre newsletters.
- Providing a pleasant and attractive place for meals and snack times that are culturally appropriate occasions and provide an environment for social learning and positive interaction.
- Encouraging staff to eat meals with the children to role modelling appropriate behaviour.
- Always offering a variety of food and, wherever possible, allowing children to serve their own meals (with staff assistance and supervision).
- Ensuring the nutritional needs and/or dietary requirements of children are appropriately catered for whilst they are attending the Centre
- Providing a flexible approach to serving and consuming food for children attending the centre.
- Complying with all legislative requirements in relation to food and food preparation.

- Taking all reasonable precautions to reduce potential food related hazards to children on the premises.

Allergy Aware (Peanut Products)

At Derby Street Children's Centre no sesame seeds, seed products or peanut products are used in cooking. No seed or peanut products such as peanut butter, Nutella, sesame or poppy seeds as well as multi grains and any food with traces of nuts are to be brought into the Centre. We have many children who are allergic to these products and require medical attention if they come into contact with them. (please see Anaphylaxis Policy)

Information on Children's allergies should be regularly maintained and updated by parents/guardians on the child's enrolment forms. Staff should also be made aware of any changes to this information.

When introducing any solids for the first time staff in the room and the Centre cook should be updated when developments occur. If a child is suspected to have a food allergy the food will not be given. Parents/guardians will be informed if an allergy is suspected in any child.

For further information on allergies or nutrition please see the following: Local Dietician, Royal Children's Hospital, Dental Health Services Victoria, Local Doctor, Maternal and Child Health Nurse and Go for your Life website – www.goforyourlife.com.au

Food Handling Policy

The Centre follows all policies and procedures outlined in the "Food Safety Program" designed by HACCP (Hazard Analysis Critical Control Point). Each year the Centre is required to undergo an independent audit to see if we meet the standards and regulations of the 'Victorian Food Act 1984'. Once all regulations are met the Centre is presented with a "Certificate of Renewal of Registration of Food Premises". The Centre requires the cook to have certificates in 'Food hygiene for Food Handlers' level 1 and level 3.

Staff are to comply with the following procedures when dealing with food:

1. Follow the Centre's Food and Safety Program
2. Shoulder length hair, or longer, must be tied back
3. Staff must wash hands and apply gloves before commencing any food preparation.
4. Appropriate chopping boards, equipment and utensils are to be used
5. Tongs, spoons or gloves are to be used when serving food to children.
6. The kitchen must be left clean and tidy when finished, all food and equipment must be put away in their correct storage area.
7. Hands are to be washed when finished food preparation.

Five major food groups.

All menus are developed using the Dietary Guidelines for children and Adolescents in Australia produced by the NHMRC². A 6 week rotating weekly menu is displayed outside the kitchen along with nutritional information.

² National Health and Medical Research Council. 2003. *Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers.*

http://www.nhmrc.gov.au/publications/_files/n34.pdf Last accessed: 23 August 2005.