



School No: 2068 Established 1878

5.1 Food and Nutrition



Help for non-English speakers

If you need help to understand the information in this policy please contact 03 5996 1744.

The Service encourages and promotes the health and wellbeing of children through a healthy nutritious diet and positive learning experiences during meal/snack times where good nutritional foods and habits are developed in a happy, social environment. Parents are encouraged to participate in this approach to nutrition for their children.

Provision of Healthy and Varied Food Choices

- When Cranbourne Primary OSHC provides food, staff seek to provide food:
 - Which is healthy, balanced and varied and age-appropriate and consistent with Dietary guidelines for children and adolescents in Australian (NHMR) 2003
 - Which includes a good balance of fresh foods, as opposed to pre-packaged and prepared foods
 - Which as far as reasonable meets the dietary needs of children with special dietary needs of which Cranbourne Primary OSHC has been made aware or becomes aware
 - Children, staff and parents are encouraged to contribute ideas for the menu
- Parents / guardians will be advised when morning tea, lunch and afternoon tea are to be brought from home
- The coordinator will discuss with all parents any food allergies and restrictions (including cultural or religious) which are required by the parent to be enforced at Cranbourne Primary OSHC. Details of these restrictions will be noted on the enrolment form and passed on to staff. Food allergies or restrictions which are based on health reasons should be accompanied by a letter from a medical practitioner or other health professional.
- The coordinator (and staff) will seek to accommodate all such reasonable nutritional needs of a child by giving appropriate directions to staff in relation to that child
- Where children have special dietary needs which is not reasonable that Cranbourne Primary OSHC meet, staff will consult with parents and where necessary the meal / snack will be supplied from home
- When parents provide food for their child, healthy food and drink choices are encouraged

The Eating Environment

Social interactions will be encouraged during meal / snack times. Staff will spend this time interacting with the children and model good eating and social habits

Serving of Food

- Independence will be fostered by encouraging children to service themselves food
- If staff need to serve food to the children, gloves will be used
- Staff will encourage children to be seated while eating and drinking

Drinking Water

- The coordinator will ensure that the children have ready access to drinking water
- Staff will encourage children to drink water during the summer months
- Parents will be reminded to provide children with extra water to take with them on excursions

Diverse Cultural Experiences

- Food provided includes food from various cultures especially those represented in Cranbourne Primary OSHC and local community
- Children's food awareness activities are chosen from a variety of cultures

Communication with Families

- The food provided by Cranbourne Primary OSHC is planned and are displayed in a prominent place for parents and children
- Parents are informed of any changes to the menu
- When parents provide food for their children they are provided with suggestions for healthy food and drink choices
- If a child has special food needs, (eg cultural requirements or food allergies) Cranbourne Primary OSHC will work with parents to develop a plan to meet the child's needs. Parents will inform Cranbourne Primary OSHC of any changes.
- Parents are invited to contact the coordinator at any time to discuss any comments or concerns or feedback in relation to the Nutrition Policy and of their child's particular dietary requirements for health or other reasons

Staff Training

Staff are encouraged to attend professional development on food and nutritional related issues

Relevant Laws and Regulations

Dietary Guidelines for Children and Adolescents in Australia National Regulations 77-80
Quality Area 2, Element 2.2.1

Relevant Policies

General Health and Wellbeing Food Handling
Hygiene

Review Information

Policy last reviewed	Sep 2022
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Approved by	School Council
Next scheduled review date	Sep 2025