

## NUTRITION POLICY

### AIM

**To provide a nutritious and balanced menu for the children in the centre.**

*Healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life, and plays a role in preventing disease and disability. Providing healthy meals, snacks and drinks for children and students has a positive effect on learning outcomes, behaviour and attendance as well as health, wellbeing and the prevention of diet-related illnesses.*

*(Taken from DECD Healthy eating guidelines)*

### **At il nido:**

- Food provided will be consistent with the Australian Dietary Guidelines for Children and Adolescents.
- Foods from all the dietary groups will be provided to ensure a balanced menu. The menu will provide at least 50% of the recommended daily intake of key nutrients.
- Educators will take care to ensure that children's special dietary needs are catered for. Information regarding children's individual dietary requirements for medical and non-medical (eg religious) reasons will be given to the cook to ensure that children receive a meal appropriate to their needs. The Director should be notified in writing from a doctor or dietician of any special dietary restrictions and/or allergies. Please see attached Modified Diet Care Plan.
- In the event of a severe allergic reaction educators will follow children's individual medical action plans.
- As a centre we support and encourage parents in breast feeding and the expression of breast milk.
- Mealtimes are pleasant, social experiences for all of us to enjoy. Good eating habits, which are appropriate to the child's development are encouraged, but not forced. Food is used as a learning experience, and at times the children may take part in activities involving its preparation. Educators use meal times as an opportunity to talk about food and nutrition and discuss children's nutrition with their families. Educator's role model healthy eating habits by joining in meal times.
- Children are discouraged from bringing food to the centre. Especially sweets/chips, fast food etc.
- The primary caregiver communicates with parents/caregivers regarding their child's feeding/achievements/concerns and solids program.
- Peanut Paste, Nutella and all nuts are banned from the centre because of the likelihood of a severe allergic reaction by some children.
- We encourage, support and promote breastfeeding and follow the recommended guidelines on storing, thawing/warming procedures for breast milk and formula.
- il nido does not participate in any food fundraising

### **Nutritional planning, cooking and serving procedures**

Sources: <http://www.health.sa.gov.au/pehs/srer-award/childcarefoodnutritionpolicy-promotions-sahealth-2005.pdf>  
February 2014

- Children will be encouraged to regularly drink water throughout the day
- No preservatives or colouring will be added to foods. The centre will provide a low salt/low sugar menu.
- When presenting meals, a variety of colour, taste and texture will be considered.
- The menu will be on a 4 week cycle. The menu will vary in relation to the 'seasons' and fresh foods available. It will be displayed in the foyer for families to view.
- The menu is developed by the Cook in consultation with the Director
- The menu is reviewed every 3 months.
- The centre provides children who arrive before 8 am with breakfast. Children are asked to bring a piece of fruit to share for morning snack. Afternoon snacks will be provided. A main meal will be provided between 11.00 - 12.00pm for the children who are attending the morning session.
- Throughout the day the centre provides opportunities for children to access extra food as required such as fruit, cheese and bread.
- When receiving donations of food from families, we only accept whole fruits and vegetables. No cut fruits such as Watermelon or fruit salad can be accepted
- Food will be used to introduce children to others cultures. Main meals and snacks from a variety of cultures will be included as part of the menu. Parent/caregiver participation is welcomed at all times.
- To reduce the risk of choking, children are expected to sit whilst eating. Children will always be supervised when eating. Children are not forced to eat, as this may cause them to choke.
- Nuts, raw vegetable chunks, corn chips, will not be given because of the risk of choking. Grapes are cut in half and apples are very thinly sliced (except for Preschool).
- Parents/caregivers who wish to bring in something special to celebrate their child's birthday are asked to provide vanilla ice-cream (ensuring that it does not contain any traces of nuts). An alternative will be provided for children with special dietary needs.
- All educators receive training in food handling, safety and nutrition (by a trained nutritionist) on an annual basis. Before serving food, educators wash hands and tie hair back. When serving food they use utensils/gloves and assist children in the use of utensils. Educators assist children in hand washing before and after each meal time.
- Parents are required to provide any bottles needed during the day. Sterilised bottles and/or individual formulas will need to be provided daily and clearly marked.
- We follow the recommended schedule for introducing solids to infants as well as the guidelines of fluids allowed for babies and 1-5 year olds and will introduce new foods in consultation with parents/caregivers. We have copies of this schedule available for parents upon request.
- Allowed fluids for babies (birth to 12 months) – Breast Milk and Infant Formula and cooled Boiled Water. See food handling and storage policy for correct storing/thawing and warming procedures.
- Suitable fluids for 1 year olds – Breast Milk, Cow's milk (full cream) Water, Soy formula in specific situations (soy and rice formula are not recommended).

- Suitable fluids for 2-5 year olds – reduced fat milk (1.0 – 2.5% fat), calcium fortified soy beverage and water.

This policy and procedure is available from the policy folder in the front foyer and is communicated to educators and parents/caregivers regularly by the Director.

*If you require further information regarding any of our policies, go to [www.decd.sa.gov.au](http://www.decd.sa.gov.au)*

### **In accordance with Quality Area 2: Health and Safety**

To safeguard and promote children's health and safety, minimise risks and protect children from harm, injury and infection. All children have the right to experience quality education and care in an environment that provides for their physical and psychological wellbeing and provides support for each child's growing competence, confidence and independence.

Element 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

Element 2.2.2 Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.

[www.acecqa.gov.au](http://www.acecqa.gov.au)

**Reviewed:** February 2017

**Next Review:** February 2018

**Reviewed by:** il nido Children's Centre