

BEECHWORTH COMMUNITY CHILDCARE CENTRE

NUTRITION POLICY

Associated Policies: Food Safety and Food Handling Policy
Anaphylaxis Policy
First Aid Policy

Original: 17/05/06
Reviewed: 19/03/08
02/02/10
26/02/2014
Ratified: : 16/04/08
18/02/10
24/08/11
19/03/2014

Legislation: Education & Care Services National Regulations

Next review due: March
2016

Regulation 77 - Health, hygiene and safe food practices
Regulation 78 - Food and beverages
Regulation 79 - Service providing food and beverages
Regulation 80 - Weekly menu

National Quality Standards

Standard 2.1 - Each child's health is promoted.
Standard 2.2 Healthy eating and physical activity are embedded in the program.

Location/Ownership: Policy Manual "Health and Safety - Centre
Kitchen Noticeboard

CONSIDERATIONS:

Philosophy - To support children to enjoy a range of healthy foods that are more likely to lead to healthy eating in adulthood.

Children's Needs - To ensure meal times are a positive learning experience for children, providing a variety of interesting foods and encouraging healthy eating habits.

Parents' Needs - To be assured that children are provided with nutritional food that meets the guidelines for long day care. Parents and guardians will be encouraged to share family and multicultural values and experiences to enrich the variety and enjoyment of food planned.

Educator Needs - To be provided with accurate information on nutritional matters to inform practice. Educators and staff will encourage discussion of family attitudes towards food and finds ways that the family can be supported within the guidelines of this policy.

Management Needs - To ensure that the centre is providing food that meets the legislative requirements, guidelines and the nutritional needs of children.

PROCEDURE:

1. Food, Safety and Staff /Educator Training

All permanent educators and regular casual educators are trained in Level 1 Food Handlers Certificate. This training may need to be reviewed if the legislation changes mean the qualifications do not cover everything required by the new laws. To check if additional training is required, the Coordinator should check with a Registered Training Organisation.

The catering officer and the Coordinator will have Level 2 Food Safety Supervisor Certificate; a supervisor will be on the premises at all times to ensure procedures are implemented according to the regulations.

2. The Mealtime Atmosphere

Snack and meal times

	Morning Tea	Lunch	Afternoon tea
Babies	9.15 am	11.15am	2.30pm
Toddlers	9.15 am	11.45 am	2.30pm
Preschool	9.15 am	12.00 pm	2.30pm

- The eating environment and educator approach is important to provide positive role models/messages to children.
- Educators sit with children and eat the same food.
- Food is not used as a reward or punishment, either by its provision or denial.
- Praise and encouragement is given to children.
- Second course (if provided) is still offered even if first course is not eaten.
- Table seating will be kept to small numbers of children to allow for socialising while eating. Babies will be in low feeding chairs / high chairs around the table to encourage interactions with other children and staff.

Educators will:

- Encourage children to develop positive eating habits.
- Encourage positive social interactions between children and educators.
- Encourage self- help skills eg, feeding selves, self-serving of food, setting and clearing the table and hygiene practices.
- Be aware of children's eating at all times being aware of choking incidents and implement First Aid.
- Deliver the activities program which will include simple activities that help with nutrition knowledge and skills, via discussion, food samplings, and excursions.

3. Food and Drinks Provided

Recommended Dietary Intakes for Children in Long Day Centres

Best practice within Long Day Care Centres caring for children is to provide sufficient food to ensure that each child can obtain 50% of their recommended dietary intake.

These requirements can be translated to the following food amounts:

Food group	Minimum no. of serves* to be offered in long day care	Equivalent amount of food
Milk and milk alternatives	2	100ml milk
Bread and cereals	2	80g bread
Fruit	1	75g fresh fruit
Vegetables	1 - 1.5	75g - 103g fresh or cooked vegetables

Meat and meat alternatives	1	50g raw lean red meat
Fats and oils	1.5	

*Serve sizes and child serves.

Taken from <http://heas.healthytogether.vic.gov.au> (Victorian State Government & Nutrition Australia)

- A range of foods that are prepared in a variety of ways are offered
- Where possible, fruit and vegetables grown in the centers Edible Garden should be used.
- 'Sometimes foods' such as chips, lollies, muesli and fruit bars are not provided at the Centre.
- Water will be the primary drink and will be available at all times to children, with all children required to bring a named drink bottle for access to water throughout the day. Drinking water and cups will be available for those who forget their drink bottle.
- Milk will be offered at afternoon tea.
- No fruit juice will be bought by the centre or permitted to come into the centre in drink bottles.

Breastfeeding:

- Beechworth Community Child Care centre supports the breastfeeding of young children and encourages parents to visit the centre to breastfeed or supply expressed breast milk.

Procedures for handling breast milk:

- Breast milk will be brought to the centre, frozen or unfrozen, in labelled containers with the child's name clearly written, with the amount of milk the child requires and date expressed. It will be discarded after four (4) weeks if frozen or 12 hours if fresh.
- Frozen milk will be stored in baby room freezer or defrosted and stored in the babies' room fridge.
- It will be heated using boiled water to room temperature.

Procedures for handling formula:

- Parents can bring formula to the centre in original tin, labelled clearly with child's name and amount to be given or in purpose use containers that has the correct measure of formula, with child's name and formula name. At all times boiled water will be used to make up the bottles.

Alternative fluids for infants

- Only cooled boiled water will be offered to children less than twelve months of age.
- No fruit juice will be bought by the centre or permitted to come into the centre in drink bottles.

Procedures for introducing solids

- Parental permission will be sought and discussions will be held to determine the types of food introduced and provided to children.

4. Preventing and Managing a Choking Incident:

All steps will be taken to decrease the risks of choking by adhering to the following practices:

- Children should always be seated whilst eating.
- The centre will encourage children to chew well and not overfill their mouths.

- Educators trained in Level 2 First Aid shall be on site at all times, as per the Education and Care Services National Regulations.
- Some foods carry a higher risk of causing choking and these shall be avoided:
 - Popcorn and corn chips (permitted for children aged three or older)
 - Uncooked or un-grated carrots (permitted for children aged three or older)
 - Fruit with seeds or tough skins
 - Sausage and frankfurt skins

5. Donated Food

- Cultural, religious and special occasions may be celebrated by parents bringing food to the Centre.
- If parents wish to donate food, for example, a birthday cake, a list of ingredients **must** accompany the donation or the packaging (e.g. the cake mix box).
- If parents wish to include dairy products, for example whipped cream in a sponge/cake, the cream needs to be brought in unbeaten for the BCCCC staff to beat and include in the cake. This ensures the correct temperature is adhered to and no contamination can occur.
- The donated food should be discussed with staff prior to the day it is brought in so that alternatives for children with allergy may be arranged (e.g. the catering officer can provide gluten free /dairy free cake for those with allergy).
- The Centre has an allergen minimisation policy, which includes minimising the risk of contact with nuts, eggs etc, including, peanut oil, peanut. As there may be children/educators with life threatening food allergies who need their safety assured. Compliance with instructions/ingredients listings on packaging in association with such a product **must** be adhered to.
- The parents name, telephone number and type of food donated **must** be written in the BCCCC delivery log.

6. Communication with Parents

- Menus will be reviewed each season to include seasonally appropriate foods and to ensure variety.
- Menus will be displayed and accessible to parents. They will accurately describe the food and beverages to be provided.
- Newsletters will have items on nutrition on a regular basis.
- The centre will document what each child has consumed during the day and display this information for parents collecting their child. For infants consuming bottles, the number of bottles, mls consumed and the times will be recorded for parent information.

7. Managing Food Allergies and Intolerances and Other Special Diets

- The Centre welcomes children with food allergies and will cater for specific dietary needs as required. Discussions will be held with parents on individual cases during enrolment.
- Parents will discuss eating plans with staff for children with particular eating habits.
- Educators will participate in training that will assist with the management of the child's food and medical needs.

- Catering Officer will review menus and preparation of meals to ensure that are consistent with each child's dietary needs.
- Educators / Catering Officer will consult a local Dietician to check their understanding of particular dietary issues and to ensure procedures to manage these are correct.
- Where the issue is a food allergy to eggs and /or cow's milk, craft materials will be checked for contamination.
- The Centre has an allergen minimisation policy, which includes minimising the risk of contact with nuts, eggs etc.

8. What to do if you are a parent with a child on a special diet

1. Obtain a letter from the treating General Practitioner or specialist outlining the requirements of the special diet (include practitioner's contact details on letter).
2. Centre will meet with parents to learn about practical ways of managing the diet restrictions at the centre and where possible obtain some recipes that could be used.
3. Provide a photo of the child with a copy of the emergency instructions required to follow in the event of a mistake being made with the special diet.
4. Provide advice on how special occasions are to be handled, eg the parent may choose to bring in a food or dish that is suitable.

What the centre will do if a staff member suspects a food allergy or sensitivity

1. Refer to the Centre action plan agreed to by the parents and their practitioner, and follow each step;

Or

2. If the incident is the first time it has been known to occur;
 - The educator will call for help and stay with the child and observe symptoms.
 - A second educator will call an ambulance and ring the child's parents/carer.
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For information on anaphylaxis (severe allergic reaction) go to the ASCIA. Inc. (Australian Society of Clinical Immunology and Allergy Inc) web site on www.allergy.org.au

Emergency Food:

- If a child with Type 1 diabetes is suffering a hypoglycaemic episode (defined as a blood sugar level below 3.5mmol/L), fast acting carbohydrate food items to quickly raise the child's blood sugar level shall be used. These include 6 jellybeans, 6 jelly babies or ½ glass soft drink (not "diet" or "light") or Lucozade. Glucodin tablets can also be used. Such items are kept in the first aid cupboard.

References:

<http://www.nhmrc.gov.au>

<http://www.health.vic.gov.au>

<http://heas.healthytogether.vic.gov.au>

<http://www.eatforhealth.gov.au/>