

NUTRITION POLICY

Happy Haven OSHC endeavours to create a happy environment for all children and acknowledge that a poor diet can lead to health and behavioural complications. In partnership with families our services create a meaningful relationship with food for all children by encouraging green food choices and modelling healthy eating patterns. Happy Haven acknowledges and recognises the important role educators have in teaching healthy lifestyles through everyday experiences and routines. Parents will be consulted and encouraged to share family and multicultural values and experiences to enrich the variety and enjoyment of food to meet children's nutritional needs. Happy Haven follows the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* (Right Bite). With a focus to ensure healthy eating and wellbeing our services promote the consumption of foods highly nutritious whilst also promoting a balanced diet and lifestyle for children and their families.

Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools Manual

https://www.education.sa.gov.au/sites/default/files/right_bite_manual_colour.pdf?acsf_files_redirect

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 1: EDUCATIONAL PROGRAM AND PRACTICE		
1.1.2	Child-centred	Each child's current knowledge, strengths, ideas, culture, abilities and interests are the foundation of the program
1.1.3	Program learning opportunities	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's knowledge

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies

RELATED POLICIES

Food Safety and Handling Policy Family Communication Policy Child Safe Environment Policy	Multicultural Policy Work Health and Safety Policy
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PURPOSE

Happy Haven OSHC is required by legislation within the National Quality Standard to ensure the provision of healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines. It is essential that Happy Haven partners with families to provide education about nutrition and promote healthy eating habits for children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with chronic adult conditions such as obesity, type 2 diabetes and cardiovascular disease.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children, as we commit to implementing and embedding the healthy eating key messages outlined the Australian Guide to Healthy Eating.

SCOPE

This policy applies to children, families, educators, staff, and visitors of the Happy Haven OSHC service.

IMPLEMENTATION

Mealtimes reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. This assists in creating a positive and enjoyable eating environment. Services promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents.

In accordance with the Right Bite strategy foods will be defined as green, amber and red. Green choices are outlined as excellent sources of important nutrients such as milk, lean meats, grains and vegetables. Amber choices contain some nutritional value and a moderate amount of saturated fat such as muffin, processed meats and snack food bars. Whilst red choices are high in saturated fats and sugar with less than adequate nutritional value such as lollies and soft drinks.

THE APPROVED PROVIDER OR NOMINATED SUPERVISOR WILL:

Where food is provided by Happy Haven OSHC:

- Provide children with a wide variety of healthy and nutritious foods for meals and snacks including fruit and vegetables, wholegrain cereal products, dairy products, lean meats, and high protein alternatives
- Plan and display the OSHC Service menu (at least two weeks at a time) that is based on sound menu planning principles and meets 50% of the daily nutritional needs of children
- Plan healthy snacks on the menu to complement what is served at mealtimes and ensure the snacks are substantial enough to meet the energy and nutrient needs of children.
- Vary the meals and snacks on the menu to keep children interested and to introduce children to a range of healthy food options.
- The menu will be reviewed regularly to ensure it meets best practice guidelines with consideration of the children educator and families of the service
- Each service will ensure to diversify the menu to include food from different cultures whilst also respecting cultural and religious dietary specification upon request by families
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children's lunchboxes- especially during Vacation Care. This information may be provided to families in a variety of ways including factsheets, newsletters, during orientation, information sessions and informal discussion.

- Provide a copy of the *Nutrition and Food Safety Policy* to all families upon orientation at the OSHC service

Where food is brought from home:

- Provide information to families on the types of foods and drinks recommended for children and that are suitable for children's lunchboxes and after school snacks. Families may also receive assistance on how to navigate the *Nutritional Information Panel* on food and drink labels
- There is an emphasis to consume food that is more nutritious such as fruit, sandwiches, yoghurt and cheese prior to food deemed less nutritious
- Strongly discourage the provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients in children's lunchboxes. Examples of these foods include sweet biscuits, some muesli bars, breakfast bars and fruit filled bars, and some chips.
- Inform parents of food that should be brought in small quantities such as confectionary, deep fried foods and sugary drinks (cordial etc.)

THE APPROVED PROVIDER, NOMINATED SUPERVISOR, EDUCATORS, STAFF MEMBERS, VOLUNTEERS AND CHILDREN WILL:

- Ensure water is readily available for children to drink
- Be aware of children with food allergies, food intolerances, and special diets and consult with families to develop individual management plans
- Request the details of any food allergies or intolerances or specific dietary requirements be provided to the OSHC service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met
- During snack and other mealtimes all children are supervised and will be encouraged to remain seated whilst eating
- Encourage and provide opportunities for staff and educators to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition
- Follow the guidelines for serving different types of food and the serving sizes in the guidelines
- Display nutritional information for families and keep them regularly updated
- Ensure the weekly menu is displayed in an accessible and prominent area for parents to view with accurate descriptions of the food and beverages being provided each day
- Ensure food is presented attractively
- Not allow food to be used as a form of punishment or to be used as a reward or bribe

- Establish healthy eating habits in the children by incorporating nutritional information into our program
- Encourage parents to the best of our ability to continue our healthy eating message in their homes

CREATING A POSITIVE LEARNING ENVIRONMENT

ALL EDUCATORS WILL:

- Ensure that educators sit (whilst maintain social distancing as applicable) with the children at meal and snack times to role-model healthy food and drink choices and actively engage children in conversations about the food and drink provided
- Choose water as a preferred drink- consider serving it chilled or with ice in summer; add lemon, mint leaves or other fruits such as oranges for flavour
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds
- Choose foods from the five food groups
- Prepare meals that are visually pleasing to encourage the consumption of a variety of healthy options
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children
- Encourage children to try different foods but do not force them to eat
- Not use food as a reward or withhold food from children for disciplinary purposes
- Role-model and discuss safe food handling with children

OSHC SERVICE PROGRAM

- Each service will supply a menu that is full of green choices with some amber options as outlined in the Right Bite manual. Red choices will be avoided to the best ability.
- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating
- Plan and encourage children to participate in a variety of 'hands-on' food preparation experiences
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices

- Embed the importance of healthy eating and physical activity in everyday activities and experiences

COOKING WITH CHILDREN

- Cooking encourages and develops healthy eating habits amongst children. Embedding hands on cooking activities within the program gives the opportunity for children to become aware of new recipes and cooking skills that are transferrable.
- Each experience will be completed with diligence. Educators will continue to adhere to food safety and hygiene practices. Never leaving children unattended in the kitchen (if applicable to the service) and avoiding use of sharp knives.

SOURCE

Australian Government Department of Education, Skills and Employment. *My Time Our Place- Framework for School Aged Children.* (2011).

Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines* <https://www.eatforhealth.gov.au/guidelines>

Education and Care Services National Law Act 2010. (Amended 2018).

Education and Care Services National Regulations. (2011).

Guide to the National Quality Standard. (2020).

National Health and Medical Research Council. *Eat for health*: <https://www.eatforhealth.gov.au/>

NSW Ministry of Health *Eat Smart Play Smart- A manual for Out of School Hours Care*. Third Edition (2016).

NSW Ministry of Health *Eat Smart Play Smart- A manual for Out of School Hours Care*. Third Edition (2016).

SA Department of Education and Children's Services and SA Health *Right Bite - Healthy food and drink supply strategy for South Australian schools and preschools*. (2008)

The Australian Dental Association: <https://www.ada.org.au/Home>

The Royal Children's Hospital Melbourne *Nutrition - school-age to adolescence*: https://www.rch.org.au/kidsinfo/fact_sheets/Nutrition_older_children/

Victoria State Government Education and Training Nutrition Australia *Healthy eating in the National Quality Standard A guide for early childhood education and care services*

REVIEW

POLICY REVIEWED	FEBRUARY 2022	NEXT REVIEW DATE	FEBRUARY 2023
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FEBRUARY 2022	<ul style="list-style-type: none"> • New policy created • Information derived from previous policy Food Safety and Nutrition • Information added from Right Bite strategy • Sources checked for currency 	
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE
Month YYYY	•	Month YYYY
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