



Dara School

Out of School Hours Care

Nutrition Policy

NUTRITION OSHC POLICY

1. BACKGROUND

High quality nutritional food is essential for the proper growth and development of children. Providing a balanced and nutritional diet assists children to develop healthy eating strategies and practices that can set the foundation for a child's future health and eating habits. OSHC services can play a significant role in helping children develop positive attitudes and habits for healthy eating. OSHC services also offer an ideal opportunity to offer instruction relating to food handling and hygiene.

Dara School OSHC recognises the importance of healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values and promotes lifelong learning for children. This policy concerns the provision of healthy food and drink in accordance with the National Quality Standards (NQS) and with the *Dietary Guidelines for Children and Adolescents*.

2. SCOPE

This policy applies to children, families, educators, management, and visitors of the Service.

3. POLICY STATEMENT

The Dara School OSHC Service considers nutrition to be a vital component in the healthy development of children. The Service uses *the Dietary Guidelines for Children and Adolescents*, developed by the National Health and Medical Research Council, as a basis for the Service's policy and practices regarding nutrition. We are compliant with the food handling practices contained in the Australian Food Safety Standards.

Our educators and staff are asked to model best practice at all times.

4. IMPLEMENTATION

4.1 General

Meal times reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children regarding healthy eating and nutrition. Where possible, educators will role model healthy eating behaviour and safe food handling practices. Children will be encouraged to follow safe food and hygiene practices.

Dara School OSHC Service will provide a weekly menu consisting of a healthy, balanced diet, of sufficient portions and variety to promote the healthy eating and development of children in our care, notwithstanding consideration of cultural, religious, and dietary needs of any child. In promoting a positive and enjoyable eating environment, children will be encouraged to try new foods. No child will be forced to eat a food they do not like, nor will food be used as a reward or punishment. Drinking water will always be available for children.

All food and beverages prepared, provided, and stored will be in accordance with the Australian Food Safety Standards. Nutritional information, service policy and the Dietary Guidelines for Children and Adolescents will be available for families to peruse at the facility.

4.2 Service procedures

Dara School OSHC are committed to providing healthy, balanced meals. Breakfast will be available at 7.15am to 7.45am, and will always include fresh fruit, wholegrain cereals and breads. Recess and lunch are to be provided by families unless indicated otherwise on any given day. If OSHC is to provide lunch on any given day, a menu will be provided in advance. Should a child not wish to eat the lunch provided by OSHC, they are to bring their own lunch. Afternoon tea will be served at 3.30 to 4.15pm and will always consist of fresh fruit, vegetables and wholegrain carbohydrates. In addition to this, there will always be fresh fruit available to children as additional snack.

Dara School OSHC nutrition policy will be provided to families as a part of the family information package. This policy will also be available for viewing with posters and pamphlets displayed prominently at the facility.

5. OTHER CONSIDERATIONS

Families are encouraged to comply with the Dietary Guidelines for Children and Adolescents when providing food and beverages to their children for consumption at Dara School OSHC Service.

There may be an occasion where the food and beverages offered may diverge from the guidelines for special purposes and events. Families will be notified of these planned divergences in advance.

In promoting an inclusive and enjoyable eating time, all children will be encouraged to participate in mealtimes as an opportunity for social interaction and engagement. Children will also be encouraged to participate in the food preparation and clean-up activities, with a focus on the development of life skills.

6. ROLES AND RESPONSIBILITIES

6.1 The Director will be responsible for-

- Ensuring that the Service has an adequate supply for nutritious food and beverages.
- Ensuring that a weekly menu is planned and displayed.
- Ensuring that the weekly menu, foods and beverages available at the Service, complies with the *Dietary Guidelines for Children and Adolescents*.
- Ensuring families have access to the latest information regarding healthy eating and nutrition.
- Ensuring that educators are aware of children with food allergies, food intolerances and special diets and consulting with families to develop individual management plans.
- Having open discussions with families regarding any concerns over a child's food intake or eating.

6.2 All Educators will be responsible for -

- Ensuring that drinking water is always available.
- Ensuring that meals and snacks are served at regular intervals.
- Ensuring that adequate quantities of food and beverages are available at meal and snack times.
- Actively taking opportunities to discuss healthy eating with children.
- Encouraging children to participate in meal and snack preparation and the associated clean-up activities.
- Modelling practice that reflects the service policy.
- Ensuring food and beverages are never used as a reward or punishment.
- Ensuring that all children who are hungry have access to food and beverages.
- Ensuring appropriate hygienic practices are maintained.
- Modelling healthy eating practices.
- Ensuring that age and developmentally appropriate utensils and furniture are provided in accordance with an individual child's needs.
- Be aware of children with food/dietary requirements and ensure any individual management plans are strictly adhered to.
- Report any concerns regarding any child's food intake to the Director for discussion with the families.

6.3 Families and children will be responsible for-

- Being familiar with the service policy and procedures.
- Complying with any specific requests made by the Director and Educators.
- Offering feedback and comments to assist the team to meet the needs of individual families.
- Checking with the staff team before sending food which will need preparation.

7. RELATIONSHIP TO REGULATIONS

National Quality Standards (NQS)

Quality Area 2 Children’s Health and Safety

Education and Care Services National Regulations

77 Health, hygiene, and safe food practices

78 Food and Beverages

79 Serving food and beverages

80 Weekly menu

8. RESOURCES/REFERENCES

Australian Food Safety standards at

www.foodstandards.gov.au/foodstandards/foodsafetystandardsaustraliaonly/

Dietary Guidelines for Children and Adolescents in Australia at

www.nhmrc.gov.au/files/nhmrc/publication/attachments/n34.pdf

DECD Eat Well Rite Bite healthy eating Guidelines for South Australian Schools and Preschools at

www.decd.sa.gov.au/eatwellsa/files/links/A4_pages_Right_Bite_screen.pdf

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