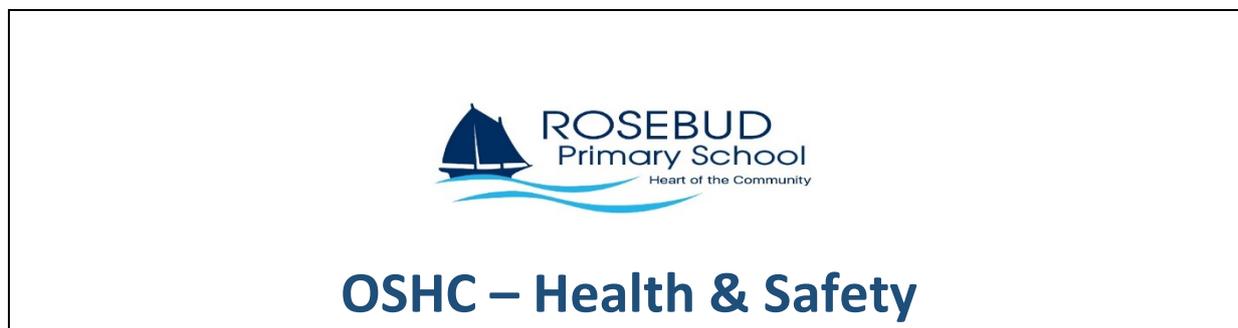


	Policy Name:	OSHC – Health & Safety Including Nutrition, Food and Beverage Policy	Date of approval:	May 2020
	Responsible:	OSHC	Review date:	April 2023



HEALTH & SAFETY INCLUDING NUTRITION FOOD & BEVERAGE

RATIONALE

OSHC will provide food and nutrition education that is consistent with national dietary guidelines for children, adolescents and national infant feeding guidelines, state regulations, food safety principles, and that is appropriate to their age, cultural background, religion or medical needs.

RELEVANT LEGISLATION

Education and Care Services National Regulations 2011

Children (Education and Care Services National Law Application) Act 2010

GOALS

Our care and education service will:

- Role model healthy eating and activity throughout the day to all children and families;
- Support families in educating their children about healthy food choices.

PRACTICES

Provision of food and drink

Our OSHC Program will:

- Ensure all children will have access to safe drinking water at all times. Promote drinking water for usual drinking requirements, provide safe drinking water to children and

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educators at all times, and ensure children have adequate fluid intake during their care. (Be aware that the fluid requirements of children increase in certain circumstances such as hot weather, after exercise or when they are ill)

- Ensure all children are offered healthy food option
- Provide a friendly, relaxed and comfortable environment that will help to achieve a stress-free snack time for both children and educators.
- Educators are to supervise and encourage safe eating behaviors, discuss healthy food choices and appropriate hygiene. e.g. sitting while eating any food
- Understanding, respecting and handling eating behavior of children (including refusal of food by children) Children are encouraged with verbal positive reinforcement to eat their fruit break but are never to be forced or harassed for not eating food. If children regularly refuse to eat food strategies should be discussed with families and it may be suggested that parents take the child to a family doctor or dietician for a review.

Food Safety

- Safe hand-washing practices are observed at all times
- Our OSHC Program has a NO NUT OR NUT PRODUCT procedure due to children attending with nut allergies.

MANAGING SPECIAL DIETARY REQUIREMENTS

It is the Parent's/Guardian's responsibility to inform OSHC of any foods their child is not able to eat for any reason. Parents/guardians are required to add the relevant information to the child's enrolment form and advising Educators on any changes to this requirement as the need arises in compliance Regulation 162 of the Education and Care Service National Regulations (2011).

NUTRITION, FOOD AND BEVERAGE AND DIETARY REQUIREMENTS

Children with special dietary needs will be catered for accordingly, with strict adherence to each of their requirements and special diets in compliance Regulation 79 of the Education and Care Service National Regulations (2011).

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- It is the responsibility of the individual family to inform OSHC staff of any special dietary requirements their child may have via the enrolment form and in person at the service.
- Where children are on special diets, the families will be asked to provide a list of suitable foods and the child's food preferences.
- Children's learning experiences involving food will incorporate a child's specific dietary requirements for medical/health/religious/cultural reasons.

REVIEW CYCLE

Last reviewed on: May 2020

To be reviewed every 3 years.