

41G – NUTRITION, FOOD & BEVERAGES, DIETARY REQUIREMENTS POLICY

WHY WE HAVE THIS POLICY [PURPOSE]

Early Childhood Education and Care (ECEC) Services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines

Just Kids does not prepare or provide food. Parents are requested to supply food and drink for their child each day.

At Just Kids Gordonvale, we partner with our families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and wellbeing. By working with families and all educators, we will also positively influence each child's health and good nutrition at home. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease.

Just Kids Gordonvale recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting our parents/guardians to make healthy food and drink choices for their children whilst 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.

SCOPE OF POLICY

This policy applies to all directors, teachers, educators, students and volunteers.

The Nutrition, Food and Beverages, Dietary Requirements Policy should be read in the context of the following Just Kids Gordonvale policies and procedures.

1. Nutrition, Food and Beverages, Dietary Requirements Procedure
2. Medical Conditions Policy and Procedure

POLICY

Our service has a responsibility to help children develop good food practices and approaches by working together with families and educators. Just Kids Gordonvale does not provide meals for the children. Parents are encouraged to provide food that is nutritious and has low sugar and sodium content. We believe in the importance of establishing and promoting a healthy lifestyle from a young age. Parents/Guardians are informed during the enrolment process of our nutrition policy.

Meal times reflect a self-paced, relaxed and pleasant environment where educators engage in meaningful conversations with children. When possible, educators will role model healthy eating behaviour. This modelling assists with creating a positive and enjoyable eating environment.

In our Kindy and Pre-Prep learning rooms children are introduced to working with "Kiddie Cutter" knives. During morning tea and afternoon tea children are offered the choice of cutting up their own fruit under the supervision with staff.

Children will learn about healthy lifestyles, including nutrition and physical fitness, which is integral to wellbeing and self-confidence. We aim to achieve a strong sense of health and wellbeing supported by good nutrition and an active lifestyle which provides children with confidence, energy and optimism that contributes to their ability to concentrate, cooperate and learn.

SAFE STORAGE OF FOODS AND BEVERAGES

- Parents are requested to provide a healthy lunch for their child in a suitable air tight container (lunch box)
- All lunch boxes to be stored in fridges located throughout the service.
- Fruit to be placed in the Just Kids family fruit bowl located on the kitchen bench in the family room of the service. (The foyer)
- Baby formula to be stored in cupboards Nursery store room.

When providing food to children that has been stored, prepared (morning and afternoon tea) and served in a safe and hygienic manner and to promote hygienic food practices:

The staff at Just Kids Gordonvale will ensure:

- Children and staff was and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Tongs are used by all staff handling “ready to eat” foods. Eg cut up fruit.
- Food is stored at safe temperatures (ie; below 5 degrees or above 60 degrees)
- Children are discouraged from handling other children’s food and utensils.

When providing a positive eating environment which reflects cultural and family values:

The staff at Just Kids Gordonvale will:

- Sit with children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the variety of foods around the tables.
- Endeavour to recognise, nurture and celebrate the dietary differences of children (including those with allergies) and those from culturally diverse backgrounds.
- To ensure each child has enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Encourage toddlers and older children to assist with set and clearing of tables and to collect their own lunch boxes – providing opportunities for them to develop independence and self-esteem.
- Respect each child’s appetite. If a child is not hungry or is satisfied, do not insist he/she eats. Offer food at an alternate time.
- Be patient with slow and messy eaters.
- The following foods are not permitted: lollies, chocolate, chips, soft drink, poppers, flavoured milk, cordial, roll ups and or flavoured custards. If these foods are present in lunch boxes Lead Educators must be informed. It is the role of the Lead educator to have conversations with parents about their child’s lunch box.

Breastfeeding, Breast Milk and Bottle Warming

Healthy lifestyles and good nutrition for each child is paramount. As such, we encourage all families to continue breast feeding their child until at least 12 months in line with recommendations for recognised authorities. We aim to work with families with children who are still being breastfed and provide a supportive environment by feeding children breast milk supplied by their families.

The staff at Just Kids Gordonvale will:

- Provide a supportive environment for mothers to breastfeed.
- Families will be regularly reminded by educators and the service to update the service in regards to their child’s preferences, habits, likes, dislikes, dietary requirements and restrictions.
- Encourage safe handling of breastmilk and infant formula including transporting, storing, thawing and warming, preparing and bottle feeding.
- Consult with families to offer cooled pre-boiled water as an additional drink from approx. 6 months.
- Always bottle feed babies by holding baby in a semi up right position.
- Work closely with families to ensure appropriate food (type and texture) are introduced around 6 months of age.
- Always supervising babies while drinking and eating – ensure safe bottle feeding and eating practices at all times.

http://www.who.int/foodsafety/publications/micro/PIF_Bottle_en.pdf

Hand Washing

Just Kids Gordonvale will maintain and promote effective hygiene practices, including:

- correct handwashing technique;
- using standard precautions when handling blood, all body fluids, secretions and excretions, dried blood and other body substances.
- cleaning toys and other items that children are likely to put in their mouths, after use; ◁
- raking sandpits daily
- disposing of soiled items in a container that is inaccessible to children;
- washing rubbish bins and nappy buckets regularly; and actively promote handwashing and other hygiene practices with children and families.

As per *Staying Healthy in Child Care* (5th Edition) states, the three (3) most important ways of preventing the spread of infectious disease are:

1. Effective hand washing
2. Exclusion of sick children and staff; and
3. Immunisation

1. **HAND WASHING PROCEDURE:** The best way to prevent the transmission of disease is to **wash and dry your hands thoroughly**. Hand washing is effective because it loosens, dilutes and flushes off germs and contaminated matter.

- Educators and children are to wash their hands by wetting their hands with running water, spreading liquid soap over hands and rubbing vigorously, paying particular attention to palms, backs of hands, in between fingers, under nails and around wrists.
- Rinse hands thoroughly to remove all suds and germs, turning tap off and pat dry hands with a new paper towel.
- Hands should be washed:
 - on arriving and leaving Just Kids Gordonvale;
 - before and after handling and preparing food,
 - before and after eating;
 - before and after nappy changing, toileting, cleaning up urine, faeces, vomit or blood, wiping a nose;
 - before and after playing outside;
 - before and after handling animals; and
 - before and after using gloves.

GLOVES AT JUST KIDS GORDONVALE

In no way does glove-use modify hand hygiene indications or replace hand hygiene action by rubbing with an alcohol-based product or by handwashing with soap and water. Therefore, at Just Kids Gordonvale staff wear gloves when it can be reasonably anticipated that contact with blood or other body fluids, mucous membranes, non-intact skin or potentially infectious material will occur. (e.g. Nappy change, toileting, cleaning bathrooms, cleaning body fluid spills, administering first aid).

Remove gloves after caring for a child: Do not wear the same pair of gloves for the care of more than one child.

Just Kids Gordonvale refers to **The Glove Pyramid** (World Health Organisation) to aid in the decision making on when to wear (and not wear) gloves. Gloves must be worn according to STANDARD and CONTACT.

PRECAUTIONS: Just Kids Gordonvale notes that hand hygiene should be performed when appropriate regardless of indications for glove use.

Birthday Celebrations

Parents/Guardians are invited to celebrate their child's birthday at Just Kids Gordonvale with his/her classmates this is done during afternoon tea time. Parents are encouraged to send something other than a cake as many children have food allergies and therefore would not be able to participate in the celebration. We also like to help minimize children's intake of sugar.

Other ideas include: Bubbles, balloons (odd shaped ones are fun) birthday hats, a big picture of them as a baby, a special fruit platter (ask to see our fruit platter birthday photo book for some great ideas), popcorn, crackers with carrot and celery sticks etc.

Allergies and Anaphylaxis

Just Kids Gordonvale is an Allergy Aware Education and Care Service

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive. Allergens or trigger substances that may cause anaphylaxis in school-aged children are: peanuts; tree nuts; fish; shellfish; eggs; cow's milk; insect stings; certain medications.

Other potential allergens may include soy, sesame, wheat, seeds, coconut and latex.

While we suggest that parents are mindful of the foods they pack in lunch boxes and the dangers they may pose to children with anaphylactic reactions, it is important for all parents and community members to understand that Just Kids Gordonvale do NOT claim to be a 'NutFree' or "Egg-Free" service. This is consistent with both the Education Queensland Anaphylaxis Guidelines for Queensland, and the Australasian Society of Clinical Immunology and Allergy (ASCIA).

For children with a known severe allergy, the key to the prevention of potentially serious reactions is avoiding exposure to the relevant allergen. The greatest risk for such a child is from accidental exposure to the allergen.

The Australasian Society of Clinical Immunology and Allergy Inc (ASCIA) Guidelines note four steps in the prevention of food anaphylactic reactions for children's services: 1) obtaining medical information about children who may be at risk 2) education of those responsible for the care of children concerning the risk of food anaphylaxis 3) implementation of practical strategies to avoid exposure to known triggers, and 4) age appropriate education of children with severe food allergies.

As food is bought from home at Just Kids Gordonvale, we adopt the following strategies to support our children.

- sharing of food, containers and utensils is not allowed
- eating areas and utensils are thoroughly cleaned with warm soapy water
- encourage children to wash hands before and after eating.
- Children with anaphylaxis have Medical Health Plans.
- All staff members are trained in anaphylaxis management and in administering an adrenaline auto-injector.

GOVERNANCE - LINKS, REFERENCES OR ASSOCIATED POLICY

- ACECQA: <https://www.acecqa.gov.au/>
- National Quality Framework
- Early Years Learning Framework
- Staying Healthy in Childcare 5th Edition
- Nutrition Australia
- Infant Feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003)
- Feeding and
- Nutrition of Infants and Young Children (World Health Organisation, 2000)
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
[http://www.health.gov.au/internet/main/publishing.nsf/content/2CDB3A000FE57A4ECA257BF0001916EC/\\$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/2CDB3A000FE57A4ECA257BF0001916EC/$File/HEPA%20-%20B5%20Book%20-%20Staff%20and%20Carer%20Book_LR.pdf)
- Breastfeeding Australia
<https://www.breastfeeding.asn.au/>
- http://www.who.int/foodsafety/publications/micro/PIF_Bottle_en.pdf
- ASCIA - <https://www.allergy.org.au/schools-childcare>
- <https://www.biome.com.au/274-lunch-boxes>
- <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>
- http://www.imagineeducation.com.au/files/CHC30113/Dietary_20Guidelines.pdf
- ASCIA - Examples of risk minimisation strategies for schools, preschools and childcare services
https://www.allergy.org.au/images/scc/ASCIA_Risk_minimisation_strategies_table_030315.pdf
- ASCIA - <https://www.allergy.org.au/schools-childcare>
- ASCIA - Examples of risk minimisation strategies for schools, preschools and childcare services
https://www.allergy.org.au/images/scc/ASCIA_Risk_minimisation_strategies_table_030315.pdf

DOCUMENT CONTROL

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V1.2	27/09/2018	Hayley Williams	Further amendments made
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