

## 42G – NUTRITION, FOOD & BEVERAGES, DIETARY REQUIREMENTS PROCEDURE

### WHY WE HAVE THIS PROCEDURE [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 PROCEDURE

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

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

1. Nutrition, Food and Beverages, Dietary Requirements Policy

### PROCEDURE

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.

In order to achieve these habits and attitudes parents are requested to-

- Provide one (1) or two (2) pieces of fruit or vegetables each day of attendance for sharing during Morning and Afternoon tea with the child's class group.
- Provide a healthy lunch for their child each day of attending Just Kids Gordonvale.
- Families will be encouraged to provide food using these Guidelines. Eg <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>
- [http://www.imagineeducation.com.au/files/CHC30113/Dietary\\_20Guidelines.pdf](http://www.imagineeducation.com.au/files/CHC30113/Dietary_20Guidelines.pdf)
- <https://health.clevelandclinic.org/sugar-how-bad-are-sweets-for-your-kids/>
- Lunch boxes should contain healthy low sugar and low sodium meals.
- Provide a water bottle - age appropriate.
- Provide feeding bottles appropriate to their child's needs
- Regularly communicate with Just Kids staff about the changing feeding needs of their child.

In order to achieve these habits and attitudes, the Approved Provider, the Nominated Supervisor, all staff and volunteers will follow the following procedures.

## **In relation to the provision of food and beverages**

- Ensure children have access to, and are encouraged to access, safe drinking water at all times.
- Ensure children are offered foods and beverages throughout the day that are provided by their family and are appropriate to their nutritional and specific dietary requirements.
- Children who do not eat during routine meal times or children who are hungry will be provided with foods (offered their lunch boxes and/or fruit from the family fruit bowl) at periods other than meal times or snack times.
- Families will be provided with daily information about their child's food and beverage intake and related experiences. This information will be displayed in each learning room and also regularly communicated to families.
- Babies will be fed individually by educators.
- Age and developmentally appropriate utensils and furniture will be provided for each child.
- Just Kids Gordonvale does not heat meals but approves of cold cooked meals from home.
- The children will have access to the water bottles both indoors and outdoors at all times during the day. Filtered water is also available across the service.
- 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.

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.

## **In relation to promoting healthy living and good nutrition**

- Develop health and nutrition awareness and act to the best of our abilities on cross-cultural eating patterns and related food values.
- Make meal times relaxed and pleasant and timed to meet the needs of the children. Educators
- Engage children in a range of interesting experiences, conversations and routines.
- Discuss food and nutrition with the children.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Not allow the children to be force fed without being required to eat food they do not like or more than they want to eat.
- Encourage toddlers to be independent and develop social skills at meal times.
- Establish healthy eating habits in the children by incorporating nutritional information into our programs.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Encourage parents to the best of our ability to continue healthy eating messages in their homes. This information will be provided upon enrolment and as new information becomes available.
- Encourage educators to present themselves as role models. This means maintaining good personal nutrition and eating with the children at meal times.
- Provide nutrition and food safety training opportunities for all staff including an awareness of other cultures food habits.

## **In relation to 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.

## **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 from 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.

We 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.

## **Breast milk procedure**

- Breast milk that has been expressed should be brought to the service in a clean sterile container labelled with the date of expression and the child's name.
- We encourage families to transport milk to the service in cooler bags and eskies; this should be immediately given to educators, who will put it in the refrigerator.
- We will refrigerate the milk at 4 degree Celsius until it is required.
- Breast milk will be warmed and/or thawed by standing the container/bottle in a container of warm water.
- The milk will then be temperature tested by educators before being given to the child.
- If the service does not have enough breast milk from the family to meet the child's needs that day, individual families will be consulted on what the service should do in these circumstances.
- To avoid any possible confusion, we will not store unused milk at the service.
- Unused milk will be returned to families at the end of the day when they come to collect their child.
- A quiet, private space with a comfortable chair will be provided for mothers/women to breastfeed or express milk. A sign will also be placed on the door when the mother/woman is using the facilities.

## **Storage of expressed breast milk**

The literature review identified evidence suggesting that the maximum storage time of breast milk under clean conditions in a refrigerator at 0–4°C is 96 hours Note that breast milk storage guidelines vary.

Breast milk can be stored in glass or plastic containers, including sealable plastic bags. Freshly expressed milk that is being refrigerated or frozen should be stored in a new container rather than added to previously refrigerated or frozen milk.

## **Guide to storing expressed breast milk**

- Wash hands thoroughly with soap and water – hands must be thoroughly dried with a clean towel, single use towel
- Refrigerate or freeze milk after expressing
- Use fresh milk whenever possible
- Freeze milk that will not be used within 2 days

## Preparation of infant formula

- Always wash hands before preparing formula and ensure that formula is prepared in a clean area
- Wash bottles, teats, caps and knives – careful attention to washing is essential – and sterilise by boiling for 5 minutes
- Boil fresh water and allow it to cool until lukewarm – to cool to a safe temperature, allow the water to sit for at least 30 minutes
- Ideally prepare only one bottle of formula at a time, just before feeding
- Always read the instructions to check the correct amount of water and powder as shown on the feeding table on the back of the pack – this may vary between different formulas
- Add water to the bottle first, then powder
- Pour the correct amount of previously boiled (now cooled) water into a sterilised bottle
- Always measure the amount of powder using the scoop provided in the can, as scoop sizes vary between different formulas
- Fill the measuring scoop with formula powder and level off using the levelling device provided or the back of a sterilised knife – the scoop should be lightly tapped to remove any air bubbles
- Take care to add the correct number of scoops to the water in the bottle – do not add half scoops or more scoops than stated in the instructions
- Keep the scoop in the can when not in use – do not wash the scoop as this can introduce moisture into the tin if not dried adequately
- Place the teat and cap on the bottle and shake it until the powder dissolves
- Test the temperature of the milk with a few drops on the inside of your wrist – it should feel just warm, but cool is better than too hot
- Feed infant – any formula left at the end of the feed must be discarded
- A feed should take no longer than 1 hour – any formula that has been at room temperature for longer than 1 hour should be discarded
- Formula that has been at room temperature for less than 1 hour may be stored in a refrigerator for up to 24 hours (in a sterile container) – discard any refrigerated feed that has not been used within 24 hours
- When a container of formula is finished, throw away the scoop with the container, to ensure that the correct scoop is used next time.

[https://www.nhmrc.gov.au/files\\_nhmrc/file/publications/170131\\_n56\\_infant\\_feeding\\_guidelines.pdf](https://www.nhmrc.gov.au/files_nhmrc/file/publications/170131_n56_infant_feeding_guidelines.pdf)

## Staff who Breastfeed at Just Kids Gordonvale

Just Kids Gordonvale also recognises the importance and benefits of breastfeeding and that many women will return to work before they wish to wean their children. Requests for allowances to be made for educators to continue breastfeeding once they have returned to work at the service will be treated sympathetically and reasonably and all efforts will be made to support the educator in her choice to continue breastfeeding her child.

On return to work from maternity leave, female educators may seek to change their work arrangements. The returning staff member will have a meeting with the Nominated Supervisor to try and work out an arrangement which suits the educator, the Nominated Supervisor and also the running of the service.

Just Kids will provide Lactation Breaks for the educator to express milk or breastfeed her child. The Nominated Supervisor will be reasonably flexible as to when these occur.

A quiet, private space with a comfortable chair will be provided for women to breastfeed or express milk. A sign will also be placed on the door when the educator is using the facilities.

If arrangements have been made for the educator's child to come to the service to breastfeed and needs its nappy changed, the educator can use the service's nappy changing area as long as the relevant policies and procedures are followed.

When an educator is in the process of breastfeeding her child or expressing milk, educator to child ratios cannot be compromised. Educators will work to cover the Lactation Break as they would any other break.

## Safe Storage and Heating of Babies Bottles

- Our service may use microwave and/or bottle warmer to heat Infant Formula/Cow's Milk

## Microwave Instructions

- We recognise that microwaves are an efficient and safe way to heat infant formula and cow's milk. We will not heat breast milk in the microwave as it may destroy some of the breast milk's properties.

## For infant formula or cow's milk, the service will always:

- Use microwave safe bottles.
- Heat a minimum of 120mls of formula/cow's milk in the bottle to ensure it does not overheat.
- Only heat formula/cow's milk that has been adequately refrigerated.
- Stand the bottle up straight.
- Always take off the teat/bottle top and leave outside the microwave.
- Not use microwave ovens with wattage over 700W
- For a 120ml size bottle – use high setting and heat for less than 30 seconds.
- For a 240ml size bottle – use high setting and heat for less than 45 seconds.
- Follow specific manufacturer instructions provided with the microwave.
- Minimise the risk of uneven heating by adequately rotating and shaking the bottle directly after microwaving. After the teat/bottle top is replaced, invert the bottle at least 10 times and
- let the bottle sit for 1-2 minutes before testing the temperature.
- Check the temperature of the formula/milk on the inside of the wrist before giving to the child to ensure contents are at a safe temperature.

## Bottle Warmers

- Our service will use bottle warmers that have a thermostat control to heat Infant Formula/Cow's Milk/Breast Milk
- The service will use the bottle warmer as per the manufacturer's instructions.
- Educators will ensure that bottle warmers are accessible to children at all times.
- Bottles will be warmed for less than 10 minutes

## 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 (ASCI) 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 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 with allergies:

- sharing of food, containers and utensils is not allowed
- eating areas and utensils are thoroughly cleaned with warm soapy water or in the dishwasher.
- 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 5<sup>th</sup> Edition
- Nutrition Australia
- Infant Feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003)
- <https://health.clevelandclinic.org/sugar-how-bad-are-sweets-for-your-kids/>
- [https://www.nhmrc.gov.au/files\\_nhmrc/file/publications/170131\\_n56\\_infant\\_feeding\\_guidelines.pdf](https://www.nhmrc.gov.au/files_nhmrc/file/publications/170131_n56_infant_feeding_guidelines.pdf)
- 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/>
- 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](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/ASCIARisk\\_minimisation\\_strategies\\_table\\_030315.pdf](https://www.allergy.org.au/images/scc/ASCIARisk_minimisation_strategies_table_030315.pdf)

## DOCUMENT CONTROL

Just Kids Gordonvale			
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