



Nutrition, Food, Beverages and Dietary Requirement Policy

Cobbler Creek OSHC and Vacation Care considers nutrition to be an important factor in the healthy development of children. The service follows the *Australian Guide to Healthy Eating* when preparing meals for the children. Food and beverages provided are nutritious, varied and consider the cultural, religious and health requirements of the children accessing the service.

Nutritious, varied and age appropriate food are provided and are consistent with the *Australian Guide to Healthy Eating*. Foods high in sugar, salt and fat are discouraged from our menu. The service has a Qualified Chef on site each day who makes all the foods and also does the serving of food. Snack times are social events where children and staff can enjoy food in a relaxed manner. Educators will model and reinforce healthy eating practices with the children at snack/meal times. The menu is on display in the kitchen and the daily fruits and snack is displayed on the whiteboard. Drinking water is available to everyone throughout the day. Children are also encouraged to bring their own drink bottles from home with water.

Menus

Our Chef works closely with the Director to plan the menu on a fortnightly rotation.

- Menus are planned and varied
- Mealtimes will provide children with the opportunity to develop an interest and taste in a variety of foods
- Any dietary requirements – cultural and allergy – are catered for each day
- Food is prepared and cooked on OSHC premises daily
- Children's choices are respected, and they will not be made to eat something they do not want to. We do encourage children to try new things.
- Foods are regularly provided from a range of cultures, especially those represented within the service and the local community
- Children must always be seated when eating

Food Safety

OSHC is compliant with the food handling practices contained in *Australian Food Safety Standards*. Our Chef and all Educators have completed the *I'm Alert in Food Safety* training.

- All surfaces are cleaned before and after meal with the appropriate sanitizer
- Food is prepared and stored hygienically

- Children and Educators always wash hands with liquid soap prior to food preparation and eating. Tongs are used for serving food
- Antibacterial wipes and/or liquid hand sanitisers are taken on excursions if suitable hand washing facilities are not available
- Left over foods will be labelled and stored correctly
- Safe eating practices will be followed to reduce the risk of choking
- Staff are aware of constantly changing nutrition information and continue to adjust the menu as necessary

Nut Allergy Awareness

Cobbler Creek OSHC is a Nut Aware centre and adheres to the following guidelines.

- No peanut butter, Nutella, fresh nuts (especially peanuts) or food cooked in peanut oil are served to the children
- Families are informed not to bring any food containing nuts
- Signage is displayed around the service

Special Dietary Requirements

Cobbler Creek OSHC ensures the needs of children with special dietary requirements are met.

- When necessary, educators will attend professional development on children's dietary needs or seek information from relevant organisations (for example Diabetes SA, Anaphylaxis)
- Where a child has special needs, the service will work with the child and their family to develop a plan to meet the child's needs
- Educators discuss individual dietary requirements of children at staff meetings and how they can cater for their needs, e.g. nut/egg/dairy allergies or intolerances, coeliac disease, diabetes, vegetarians and religious/cultural requirements
- Upon enrolment parents, fill in paperwork to state if their child has any Food/Dietary requirements and must provide details. This information is displayed and our Chef is informed

National Regulations	
Regulation 77	Health, hygiene and safe food practices
Regulation 78	Food and beverages
Regulation 79	Service providing food and beverages
Regulation 80	Weekly menu
National Quality Framework	
Quality Area 2.1.3	Healthy lifestyle
Quality Area 6	Collaborative partnerships with families and communities
My Time, Our Place Framework	
Outcome 3	Children take increasing responsibility for their own health and physical wellbeing
Early Years Learning Framework	
Outcome 3	Children take increasing responsibility for their own health and physical wellbeing

Effective from April 2021
Review Date: April 2024