

TECOMA PRIMARY SCHOOL OSHC NUTRITION, FOOD & BEVERAGES AND DIETRY NEEDS POLICY

POLICY OBJECTIVES

Tecoma Primary School OSHC recognises and acknowledges the importance of providing food that is both nutritious and appropriate to meet the needs of the children attending OSHC. Healthy eating is part of living a healthy lifestyle and as such is part of our program. According to the Australian Dietary Guidelines, "Infants, children and teenagers have special food needs because they are growing and developing. They also need extra energy for playing and being more active". We encourage and promote the health and wellbeing of children by providing positive learning experiences during meal/snack times where good nutritional food habits are developed in a happy, social environment.

Tecoma Primary School OSHC aims to reflect the cultural diversity of the community while meeting the health and dietary requirements of all children during snack times and cooking activities.

The role of Tecoma Primary OSHC is to:

- Promote healthy foods and eating habits that ensure healthy growth and development in children.
- Provide a pleasant and attractive place for meal and snack times that are inclusive and culturally appropriate.
- Ensure that meal and snack times are an opportunity for social learning and positive interaction.
- Consult and work collaboratively with families, recognising cultural practices and lifestyle Choices.
- Provide guidelines for a flexible approach to serving and consuming food for children attending the service.
- Provide opportunities for children to try new foods, including different colours, flavours, aromas and textures, through cooking experiences.
- Communicate effectively with families about their child's food and nutrition requirements.
- Provide children with opportunities to learn about food, nutrition and healthy lifestyles.

PROCEDURES

Tecoma Primary School ensures that:

- Children have access to water at all times.
- A written menu will be on display at all times and will accurately reflect what foods are offered to children, by the service, on a daily basis (R 80).
- All meal breaks are observed by staff to ensure all children eat and drink.
- The food provided by the service will meet the dietary requirements of individual children, taking into account each child's growth and development needs and any specific cultural, religious or health requirements.
- Children are encouraged to be seated while eating and drinking.
- Educators are aware of the individual dietary needs of the group. They are also aware of the foods, which may cause a child/ren's allergic reaction, allergy-free food and the medical procedure and plan for dealing with an allergic reaction.
- They encourage, discuss and model balanced, nutritious and healthy eating practices and choices with the children.
- Independence will be fostered by encouraging children to serve themselves food, under supervision from Educators, using appropriate equipment.

- Tecoma Primary School OSHC maintains a clean and hygienic area for cooking activities which meets local council requirements for OSHC services.
- Children are educated in necessary safety precautions while cooking.
- Children are supervised while cooking.
- All staff and children involved in food preparation wash and dry their hands before a cooking activity.
- All staff and children wash and dry their hands before eating.

MENU PLANNING

Where the Service provides food, Educators will seek to provide food that is healthy, balanced, varied, age-appropriate and consistent with the Australian Government's Australian Dietary Guidelines.

- Menu planning will occur in compliance with Regulation 79 of the Education and Care Services National Regulations (2011)
- Service menus are planned to ensure that food provided is varied and encompasses all the food groups.
- Any special dietary considerations are always taken into consideration when planning menus.
- Menu information will accurately describe the food and beverages to be provided and be displayed at the Service. Families are notified of any changes to the planned menu through the information included on the menu planner, in a prominent place for families and children, in compliance with Regulation 80 of the Education and Care Services National Regulations (2011)
- Menus are planned with input from children, families, and educators.

When planning the menu, we endeavour to meet the nutritional needs of children by:

- Providing attractive and well-presented snacks that are appetising and provide variety in colour, texture and taste.
- Providing balanced snacks consistent with the principles of the Australian Dietary Guidelines.
- Providing snacks that meet recommended daily nutritional needs of children that are adequate in quantity, and take into account the child's growth and developmental needs, and any specific cultural, religious or health requirements.
- Tecoma Primary School OSHC aims to promote healthy eating habits and endeavours to avoid providing foods that are high in sugar, high in fat, or high in salt, and wherever possible, using fresh produce that is in season, which is free of preservatives and any additives.
- The menu will include a good balance of fresh foods, as opposed to pre-packaged and prepared foods, which, as far as reasonably possible, meets the dietary needs of all children, including children with special dietary needs.
- Dental and oral health will be considered when planning, providing, or encouraging healthy eating choices.
- Toothbrushes and toothpaste are provided to children to use after breakfast time.

COMMUNICATION

This policy will be communicated to Tecoma Primary School community in the following ways:

- Available publicly on our school's website
- Made available in hard copy from the OSHC program upon request.