

NUTRITION, FOOD, BEVERAGES AND

DIET REQUIREMENTS



This policy aims to:

Ensure participants have access to nutritional food and beverages at all times. OSHC@IOE will ensure participants with specific diet requirements are included and catered for. Please note, this policy may change dependent on the needs of OSHC@IOE.

Definitions:

Dietary Requirements: Food and beverages provided by a service must have regard to individual children's dietary requirements, meaning: each child's growth and development needs as well as any specific cultural, religious or health requirements.

Food Safety: Safe practices for handling, preparing and storing food to minimise risks to children.

OSHC@IOE will ensure that:

- Participants have access to water at all times;
- A suitable break is arranged to allow snacks and meals to be eaten;
- All meal breaks are observed by staff;
- The program also maintains a selection of fruit and biscuits at the service at all times, for participants who may be hungry outside of planned meal times;
- The food provided by the service meets the dietary requirements of individual participants, taking into account each child's growth and development needs and any specific cultural, religious or health requirements;
- Staff are aware of the individual dietary needs of the group. They are also aware of the foods which may cause a participant's allergic reaction, allergy free food and the medical procedure and plan for dealing with an allergic reaction;
- A clean and hygienic area for cooking activities is maintained;
- Participants are educated in necessary safety precautions while cooking;
- Participants are supervised while cooking;
- Participants are involved in menu planning and food ordering;
- All staff and participants involved in food preparation wash and dry their hands before a cooking activity;
- All staff and children wash and dry their hands before eating;
- Participants do not eat food or use utensils which have been dropped on the floor;
- Participants do not use drinking or eating utensils which have been used by another participant;
- Food brought in by families is stored in a safe and hygienic place. Food containers are to be clearly labelled with the participant's name;

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- Fridge temperature checks are taken and recorded at the start and end of each session;
- One staff with a Food Handlers Certificate will be onsite at all times; and
- The allergies of participants are clearly displayed and families are made aware if there is a participant with anaphylaxis at the service.
- Participants have access to fruit, water and biscuits at all times throughout the session.

Families will ensure:

- All food is bought to the service in airtight containers;
- All food will have a clear expiry date labelled on the product;
- All containers are labelled clearly with the participant's name;
- Food supplied by the family complies with the requirements of the service and does not contain foods that may trigger an anaphylactic reaction from a participant; and
- OSHC@IOE is informed of any diet restrictions changes that occur while the participant is enrolled in the program. All changes must be made in writing and be noted on a plan.

References:

Education and Care Services National Regulations 2011: 77, 78, 79 & 80

National Quality Standards: 2.1.3,