

## 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 always have access to water.
- 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 mealtimes.
- 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.
- Fridge temperature checks are taken and recorded at the start and end of each session;
- One staff with a Food Handlers Certificate will always be onsite

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- The allergies of participants are clearly displayed, and families are made aware if there is a participant with anaphylaxis at the service.
- During staff induction, all staff complete Food Handling Certificate through the Knox Council

#### **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,**