

GEELONG CHILDREN'S CENTRE

NUTRITION GOAL

To provide children with 50% of recommended daily intake of foods.

The Centre has undertaken the "Start Right, Eat Right" and "Kids –Go for your life" campaign. The Centre acknowledges that starting a child's life with proper nutrition and good eating habits is vital for good health and well being throughout their life.

This policy is involved in the Staffing and Management Book given to all parents on enrolment.

POLICY ON NUTRITION

Australian Guide to Healthy Eating. Dietary guidelines for children and adolescents in Australia 2003.

The Centre actively encourages good eating habits from babyhood and develops in children positive attitudes towards eating. This Policy was developed in consultation with parents and staff at our accreditation meetings.

The Centre aims to meet 50% of your child's daily food requirements as recommended by Start Right Eat Right program and Kids – Go for your life. Australian dietary guidelines for food provided is as follows: - www.NationalHealthMedicalResearchCouncil.GOB.au/Publications 2003.

- 1) Milk foods - 3 serves = approx. 300 mls.
- 2) Bread and cereals - 2 serves = 60 grms.
- 3) Fruit - 1 serve = 150 grms.
- 4) Vegetables - 1 serve = 75 grms.
- 5) Meat and meat alternatives - 1 serve = 45 grms.
- 6) Fats and oils - 1.5 serves = 7 grms.

Menus are planned with the dietary guidelines for children and adolescents in Australia NHMRC 2003. Foods that are high in fat, salt and sugar are not included in menu planning. The menu ensures that there is a variety of food every day with a range of tastes, textures, aromas and flavours.

Staff sit down with children and offer a calm, relaxed, happy, social atmosphere in which children eat. Foods from all major food groups, as well as milk, are offered each day. We offer

a 4 week rotating menu with fruit and vegetables served at each meal. Morning, afternoon tea and snacks comprising various foods are offered each day. Milk and water are the only drinks offered to children. Menus are displayed in the children's rooms and the notice board in the foyer.

To encourage awareness of good eating habits, staff talk to children when at their table, use books, discussions and songs to reinforce the healthy eating message.

Independence is encouraged at mealtimes with children self feeding, using utensils, setting tables and clearing up.

Food is not used as a reward or punishment; it is also not used as a comforter for unsettled children.

All children are encouraged to taste their food. If a child refuses to eat, fruit is offered - a separate meal is not provided; it is only provided if a child has a special dietary requirement. We will work in conjunction with parents and health professional in ensuring the child's RDI whilst in care is met.

The Centre caters for children with food allergies, intolerances or any special dietary requirements. Any allergies or food intolerances are recorded in the child's enrolment records, displayed in the kitchen and displayed in that child's room. Staff and cook are also made aware if any child has a risk to any specified ingredient to which they may be allergic. The parent is to present to the Centre a detailed allergy medical plan and an emergency action plan including an EpiPen® and Anapen (adrenaline auto-injectors).

In the event of the child having ingested an allergic food, the emergency action plan is implemented.

Further information on severe reaction to allergies can be obtained from: www.allergy.org.au/aer/infobulletins/hp_anaphylaxis.htm.

Policy on choking is documented in the policy folder situated at the entrance to the Centre, enclosed in the parents' enrolment package, and displayed in all children's rooms.

Special occasions such as birthdays are catered for - please see the staff in your child's room.

The Centre provides storage for breast milk, and parents are welcome to breast-feed. Breast milk is frozen if necessary, or refrigerated if it is to be used that day. Breast milk for feeding is

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reheated in a jug of boiling water, not in the microwave. The Centre will work with parents on the introduction of cows milk and cups for feeding your baby. As an addition to milk drinks, babies are offered cooled, boiled water as necessary, particularly on hot days.

The Centre provides formulas for babies and makes up their daily bottles. Bottles are heated in the microwave and tested on staff's inner arm's skin for correct temperature.

The introduction of solids is undertaken in consultation with parents. Parents are encouraged to introduce solids when there is an increased appetite, able to hold their head up and begin to control their tongue to take food from a spoon. Introduction of solids is encouraged from approximately 6 months, but only after parent consultation. All foods introduced are done after parent consultation.

The Centre provides for the children's morning tea, lunch, afternoon tea and late snack. However, if children have any specific cultural/religious or dietary needs and wish to supply their own food, it must be labelled with the child's name and automatically put in the refrigerator. No food is to be brought into the Centre at any time or kept in children's bags unless arrangements have been made with the Director.

The Centre has emergency foods in stock in case of power / gas interruption, these being: tuna, sandwiches, vegemite, light cream cheese, baked beans, salad vegetables, cheese and fruit.

To assist parents with information on children's diet the Centre displays posters, booklets etc. in the foyer throughout the year.

The Centre is registered with the City of Greater Geelong for purposes of food safety and food handling procedures in which staff are trained. We have four staff members who are trained as Food Safety Supervisors. All staff have informal training of food handling.

Articles and policy on nutrition will be displayed on notice boards and other various locations throughout the Centre at least four times a year by Centre staff.

This Nutrition Policy was updated on June 2011. To be reviewed June 2012.

The Nutrition Policy is reviewed yearly in consultation with parents and staff, and recommendation from the following sources.

Source: Dietary Guidelines for Children and Adolescents in Australia 2003
(www.health.gov.au/nhmrc/publications)

Kids – Go for your life! Start Right Eat Right program.

Victorian Government DHS October 2005