



Playgroup Policy Food and Nutrition

Purpose of this requirement

To ensure all staff store, prepare, provide and cook food in a safe and hygienic manner in accordance with contemporary research, relevant food legislation and the food safety program.

Definitions

Infant:

- A child under the age of 1 year.

Young Children:

- A child aged from 1 year to pre-school age.

Applicability of this Requirement

It is the responsibility of Mapoon play to ensure:

- Information is provided to families to support their understanding and awareness of good dental/oral hygiene and nutrition.
- An action plan is completed if a child has known food allergies and/or food intolerances. The individual child's condition must be recorded.
- Allergy lists and action plans are available throughout the service and all staff are aware of children in attendance with allergies/intolerances.

Playgroup Provided Food

- Playgroups providing food are required to meet the requirements set out in the 'Food Safety Program'. As well as setting out core requirements, the Program contains useful advice and guidelines to help Playgroup Coordinator's and educators to manage this important aspect of Mapoon playgroup delivery.
- All kitchens and food preparation areas must comply with Food Standards Australia and New Zealand (FSANZ), the Education and Care Services legislation and the Building Code of Australia.
- When developing menus, consideration will be given to nutritional, dietary, and cultural requirements. It is important to remember that fresh seasonal ingredients may have a higher nutritional value than pre-packaged stock and are often more economical.
- Staff will ensure all food served at the centre is purchased, stored and prepared in a hygienic and safe manner in accordance with relevant legislation and the Food Safety Program.
- Where a parent or guardian provides fluids other than formula, water or milk to a child over 1 year of age, the minimum dilution ratio will be 50:50 (e.g. 1part juice and 1part water) to minimise the risk of tooth decay.
- Staff must ensure children do not share parent provided food and drinks except in pre-arranged circumstances.

Meal Times

- Staff will role model healthy eating practices, by participating in meal times with children to assist in creating a positive learning environment.
- Infants are to be seated in a suitable highchair with the safety harness secured at all times.
- Children must be encouraged to sit down while eating.
- Children must be encouraged to develop self-help skills through the provision of appropriate opportunities to serve and feed themselves.
- Ensure food is prepared and served in an age appropriate and safe manner. Further information can be found through accessing the 'Preventing choking on food – Children under the age of 4 years' fact sheet available via the Start Right Eat Right website.
- Ensure drinking water is available to children at all times. Staff must encourage children to drink water at the completion of each meal to assist clearing the mouth of excess food.

- Monitor the consumption of food for all children throughout the day and communicate this information with families.

Responsibilities

This requirement is to be implemented by: All Mapoon playgroup Staff