

2. Health and Safety

2(a) Health and Safety – Nutrition

Purpose

Healthy eating and physical activity are promoted and appropriate for each child with nutrition as a vital component in the healthy development of children.

While in the OSHC environment, there is an opportunity to assist children to develop healthy eating practices, have access to high-quality nutritional food, and receive instruction relating to safe food handling and hygiene.

Scope

NQF Quality Area 2	Children's Health and Safety
Standard 2.1 Health	Element 2.1.3 Healthy Lifestyle
National Regulation 77	Health, Hygiene and Safe Food Practises

Guidelines

The service will ensure:

- Food and beverages appropriate to the needs of each child, are offered regularly.
- Menus include any dietary requirements of individual children and any specific cultural, religious or health conditions.
- Foods in the weekly menu provide children with quality nutritional food.
- Children will be encouraged to try new foods, but not forced to eat something.
- Food is not used as a punishment or reward.
- The food menu is displayed each week by the OSHC 'sign in and out' area so that families are aware of the food that is offered to their child/ren.
- Children can always access safe drinking water.
- Food and beverages are prepared, handled and stored hygienically in accordance with the Australian Food Safety Standards and Regulation 77.
- Snack times are social occasions where educators interact with the children to encourage good eating habits and a variety of food and drinks.
- Children are encouraged to wash their hands before eating or before food preparation.

Roles and responsibilities

The Director will be responsible for:

- Seeking advice from families on enrolment of their child's food allergies, specific cultural, religious or health requirements.
- Developing a menu based on recommended resource documents.
- Ensuring staff compliance in adequate health and hygiene practises and safe practices for handling, preparing and storing food as outlined in the Australian Food Safety Standards.
- Ensuring educators always model best practice.

Monitor, report and review

Author	OSHC Director Michelle Haywood	Nov 2019
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Approved	Governing Council	June 2020
Review Date		

Resource Documents

The Right Bite Policy and The Rite Bite Food and Drink Spectrum Guide

- Australian Food Safety Standards
- Eat Smart, Play Smart - Heart Foundation
- Australian Dietary Guidelines for Children and Adolescents
- The Eat Well Be Active Strategy for South Australian Schools 2011-2016