



**TURRAMURRA  
OOSH**

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## Nutrition and Food Safety

### Policy Statement

South Turramurra OOSH (OOSH/service) believes that the children in our care should have access to safe drinking water and be served good quality, nutritious food that is appropriate to the individual needs of each child. Educators will encourage good eating practices through role modelling and positive reinforcement. We will accommodate each child's dietary requirements by considering their growth and developmental needs alongside any individual cultural, religious and health needs. Families are encouraged to share their cultural backgrounds to provide variety and inclusion to the menu and encourage an understanding of diversity amongst children. We will maintain adequate health and hygiene practices including the safe handling, preparation, and storage of food.

### Legislative Requirements

- Education and Care Services National Law Act 2010: 165, 167, 169
- Education and Care Services National Regulations: 77, 78, 79, 80, 103, 136, 161, 162, 168, 170, 171, 172
- Work Health and Safety Act 2011

### 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.
  - any specific cultural, religious or health requirements.

#### Food Safety

- Safe practices for handling, preparing and storing food to minimise risks to children.

#### Health information

- Health information about each child must be kept in their enrolment record. This includes:
  - the contact details of their registered medical practitioner.
  - their Medicare number (if available).
  - their specific healthcare needs and allergies (including anaphylaxis).
  - any medical management plan, anaphylaxis medical management plan or risk minimisation plan to be followed.
  - any dietary restrictions.
  - their immunisation status.
  - whether a child's health record has been sighted.

## Medical Management Plan

- Individual medical management plans can be provided by a child's family and may be required by the service before the child is enrolled. It is best practice for the family to consult with the child's medical practitioner in the development of the plan and for the practitioner's advice to be documented.

## Risk Minimisation Plan

- Your service's medical conditions policy must include a risk minimisation plan to be developed in consultation with families of children with a specific health care need, allergy or relevant medical condition. This is to ensure that:
  - the risks of the child's specific health care need, allergy or relevant medical condition are assessed and minimised.
  - practices and procedures for the safe handling, preparation, consumption and service of food are developed and implemented.
  - practices and procedures to ensure that families are notified of any known allergens that pose a risk to a child and strategies for minimising the risk are developed and implemented.
  - practices and procedures ensuring that all educators, staff and volunteers can identify the child, the child's medical management plan and the location of the child's medication are developed and implemented.
  - practices and procedures ensuring that the child does not attend the service without medication prescribed by the child's medical practitioner for that child's specific health care need, allergy or relevant medical condition are developed and implemented.

## Implementation Strategies – how will it be done?

The Approved Provider/Nominated Supervisor will:

- **allocate finances for training and food safety.**
- allocate finances to ensure provision of **nutritionally balanced and culturally sensitive meals** as required.
- ensure that the service implements **adequate health and hygiene practices and safe practices for handling, preparing, and storing food** to minimise risks to children being educated and cared for by the service.
- ensure all requirements under the **Food Standards Code and Food Act 2023 are met.**
- ensure **safe premises, equipment, and practices** for handling, preparing, and storing food, in line with Australian food safety standards and any jurisdictional requirements.
- ensure children have access to **safe drinking water** at all times and are offered food and beverages appropriate to each child's needs on a regular basis throughout the day.
- ensure the **food and beverages provided are nutritious and adequate in quantity** and chosen based on each child's dietary requirements (accounting for their growth and development needs, as well as any specific cultural, religious or health requirements).
- **display and make accessible** to family members a **weekly menu** which accurately describes the food and beverages to be provided by the service each day.
- ensure that **child enrolment records include any special considerations** for the child, such as cultural or religious dietary restrictions, as well as any health-related dietary restrictions.
- ensure **Risk Minimisation Plans** are developed for children with medical conditions that can be impacted by food.
- ensure that **healthy eating is promoted.**
- **support families' involvement** in the service and contribution to service decisions regarding the program.
- ensure that a **system for ongoing communication** is developed and maintained between families, educators, and staff so that all are aware of children's nutrition and any special dietary requirements.
- develop **program planning that promotes healthy eating** and knowledge of nutrition by children and families and involves children in decision-making about healthy food and beverage choices.

- **maintain all records as required by the Food Safety Standards Code and Food Act 2023.**

#### Educators and Staff will:

- handle, prepare and store food using safe practices, in line with Australian food safety standards and any jurisdictional requirements.
- be familiar with the individual needs and action plans for the children in your care with specific dietary requirements, and ensure those requirements are taken into consideration, including on excursions.
- maintain ongoing communication with families and other members of staff (including the Nominated Supervisor) about any changes to children’s dietary requirements and ensure these changes are reflected in meals.
- implement and reflect on program planning to:
  - **promote healthy eating** and knowledge of nutrition by children, e.g. eating with the children and conversations during mealtimes around food.
  - **promote healthy eating** among families.
  - **involve children in decision-making** about healthy food and beverage choices, e.g. programming cooking activities for children to participate in.

#### Procedures

##### Food Handling, Preparation and Storage

- In accordance with the Australia New Zealand Food Authority – Food Safety Australia, OOSH will ensure safe and hygienic handling, preparation and storage of food.
- The Approved Provider allows adequate funds to be used for the training of all staff in relevant areas such as safe food handling and hygiene practices which are implemented daily and supervised by senior staff.
- Educators must successfully complete food handler training before interacting with the service of food.
- In accordance with Australia New Zealand Food Authority, OOSH will implement the following procedures to reduce food contamination and spoilage:
  - use correct hand washing techniques and dry with paper towel before commencing any food preparation and between handling cooked, uncooked and any potential allergen foods.
  - the temperatures of the fridge and freezer will be checked and recorded daily.
  - chopping board colours and corresponding foods are listed in the kitchen for quick reference for staff and volunteers, to prevent cross contamination.
  - when preparing sandwiches, different cutlery is used for each spread.
  - all preparation surfaces are cleaned and sanitised before and after food preparation.
  - the temperature of hot food will be tested to ensure it is cooked properly using a probe thermometer.
  - the temperature will be 75°C or higher before serving.
  - food is served using gloves or tongs.
  - food is stored in sealed containers in line with the safe food handling guidelines set out by the Australia New Zealand Food Authority.
  - stored food is labelled with use-by-date, potential allergens and ingredients details.
  - all food will be kept in or with its original packaging where possible.
- Children will follow the above procedures under close supervision of trained staff whilst participating in cooking activities and serving food.
- Menus will be created in collaboration with a trained nutritionist/dietician to ensure well-rounded and nutritious meals for children.

#### Menu

South Turrumurra OOSH will provide nutritious food and beverages in accordance with the Eat for Health – healthy eating for infants, children and adolescents’ guidelines, allowing for children’s requirements to be met. Discretionary food will only be served occasionally.

- Breakfast is offered from 7am until 8:15am. There is a selection of cereal available and toast with a variety of spreads. All cereal will adhere to healthy eating guideline's low sugar content scale.
- A breakfast station is set up to provide children with independence to prepare their own breakfast. The breakfast station is monitored by staff to help where needed and encourage food safety and hygiene practices.
- Afternoon tea is served at 3:05pm when children arrive at OOSH. A selection of sandwiches, fruit and other items is served and the dietary requirements for school-aged children are considered.
- Year 5 & 6 children are served double portions to better meet their dietary needs.
- For children attending extra-curricular activities straight after school, afternoon tea and sandwiches are kept aside and stored as per food safety standards, for their return to OOSH.
- At 4:00pm leftover afternoon tea and sandwiches are available for all children.
- At 4:30pm freshly cut fruit is available for all children.
- Safe drinking water is always available and accessible to children. Staff assistance will be provided if necessary.
- Our weekly menu clearly outlines the food on offer and is displayed in the kitchen for staff reference, parent book and in newsletters for children and parents to view.
- The afternoon tea for the current session is displayed on the daily visual program.
- Parents are encouraged to share their cultural information and menu ideas to add diversity and inclusion to the menu. Information is gathered by OOSH via surveys, email, child enrolment forms and verbal communication. Children are encouraged to contribute to the menu via our suggestion box and in discussions with staff. Family multicultural practices will be acknowledged and addressed in providing food for specific children.
- Education on healthy eating habits will be developed through staff role modeling and conversations with children, notices, posters, and information for parents. Cooking activities are incorporated into the program to extend on children's life skills and provide opportunities to learn and implement healthy, safe, and hygienic food handling practices.
- South Turrumurra OOSH recognises and caters for individual dietary requirements, including allergies, religious restrictions, and lifestyle choices. If a child has specific needs, this will be communicated in the child's enrolment form and OOSH will cater for their dietary needs accordingly. Parents will discuss with a management team member, how to best cater for the child if they require dietary options not already provided by OOSH.
- We recognise that not all children will like every item on the menu. We provide a range of fruits and sandwiches alongside afternoon tea so that children have a choice of what they can eat.
- A list of all children with allergies or food restrictions will be displayed clearly in the kitchen to ensure all staff and volunteers are aware whilst preparing food. Dietary alternative food is prepared separately then labelled with each child's name to allow educators to clearly identify who each meal belongs to. Severe allergens are communicated to staff through daily meetings at 2:45pm.

#### *Afternoon Tea*

- Effective handwashing can be achieved with soap and water, which removes both dirt and germs from the hands; or by using an alcohol-based hand rub, which reduces the number of germs on the hands. Children are provided with hand sanitiser before being served afternoon tea. If children's hands have visible dirt, they will be prompted to wash their hands with soap and water in the OOSH bathroom sinks.
- Staff will encourage healthy and hygienic eating habits whilst with the children.
- Children are encouraged to sit whilst eating and drinking to minimise risks of choking and spillage. Outdoor mats are placed in the designated eating area to provide more comfortable sitting options.

## References and Related Policies and Procedures

### References

- Australian Children’s Education and Care Quality Authority (ACECQA) [www.acecqa.gov.au](http://www.acecqa.gov.au)
- ACECQA Guide to the National Quality Framework <https://www.acecqa.gov.au/national-quality-framework/guide-nqf>
- Australian Dietary Guidelines [www.eatforhealth.gov.au/guidelines](http://www.eatforhealth.gov.au/guidelines)
- National Health Medical Research Council - Staying healthy: Preventing infectious diseases in early childhood education and care services <https://www.nhmrc.gov.au/sites/default/files/documents/attachments/ch55-staying-healthy.pdf>
- Eat for health – Healthy eating for infants, children and teenagers [https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55f\\_children\\_brochure.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55f_children_brochure.pdf)
- Heart Foundation Eat Smart, Play Smart manual [https://www.healthykids.nsw.gov.au/downloads/file/teacherschildcare/EatSmartPlaySmart\\_Manual\\_ThirdEdition-V7.pdf](https://www.healthykids.nsw.gov.au/downloads/file/teacherschildcare/EatSmartPlaySmart_Manual_ThirdEdition-V7.pdf)

### Related Policies and Procedures

- The Administration of First Aid
- Enrolment and Orientation
- Dealing with Medical Conditions in Children
- Incident, injury trauma, and illness
- Dealing with Infectious Diseases
- Providing a Child Safe Environment
- Excursions and Transportation
- Governance and Management
- Health and Safety

### Approval and Revision History

Review Date	Reviewed By	Approved By	Next Review
12/08/2021	Courtney Sparkes	Scott Everard	Aug 2022
01/07/2022	Amy Kitto	Scott Everard	July 2023
11/07/2023	Courtney Sparkes	Scott Everard	July 2024
15/05/2024	Amy Kitto	Scott Everard	May 2024
24/08/2024	CELA	Scott Everard	August 2025
13/01/2026	Jay Stephens	Scott Everard	January 2027