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# WOODSIDE PRIMARY SCHOOL OUT OF SCHOOL HOURS CARE

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## **Meals/ Nutrition Policy**

### **Policy Statement**

Woodside Primary School's OSHC service considers nutrition to be a vital component in the healthy development of children. The service uses the Dietary Guidelines for Children and Adolescents, developed by the National Health and Medical Research Council, as a basis for the service's policy and practices regarding nutrition.

Food and beverages provided are nutritious, varied and of a sufficient quantity to ensure children have an appropriate amount to meet their growth and developmental needs. Food and beverages supplied take into account the cultural, religious and health requirements of the children and families accessing the service. Refreshments are provided in accordance with recognized nutritional standards and with consultation between the staff, committee, families and children.

Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits. The educators will model and reinforce healthy eating practices with the children at snack/meal times. Woodside Primary School's OSHC is compliant with the food handling practices contained in Australian Food Safety Standards. It is the policy of Woodside Primary School's OSHC to provide a nutritious breakfast, afternoon snack and 'fruit time'.

### **Policy and Procedure**

Nutritious, varied and age appropriate food and drink choices are provided and are consistent with the "Australian Dietary Guidelines for Children and Adolescents". Foods high in sugar, salt and fat are discouraged from our program. Snack times are social events where children and staff can enjoy food in a relaxed manner. Staff demonstrate and encourage healthy eating habits.

Children, staff and families are invited and welcome to provide ideas for the menu and the children are consulted regarding menu planning. When families provide food or drink for their children healthy choices are encouraged.

The menu is on display in the OSHC room.

Drinking Water:

- Drinking water is available to everyone throughout the day. Cups are always kept on the bench in the OSHC kitchen area for children to help themselves at any time and then place on hooks next to their name on the northern wall.

When outdoors the children at OSHC also have access to the school drink taps. Children are also encouraged to bring their own drink bottles from home with water.

Menus are planned and varied

- Children are encouraged to take part in preparing and serving food and staff discuss healthy food choices with children
- Mealtimes will provide the children with the opportunity to develop an interest and taste in a variety of foods
- Food is prepared and cooked on OSHC premises daily
- Children will be encouraged to serve themselves in a responsible manner
- Children's choices are respected and they will not be made to eat something they do not want to, however they will be encouraged to try new things. Fresh fruit will always be available as an alternative
- Foods are regularly provided from a range of cultures, especially those represented within the service and the local community
- Children must always be seated when eating

Food Safety:

- Woodside Primary School's OSHC has documented "Food Safety Procedures" that are followed by children and educators. These procedures include cleaning/sanitising, food preparation, hygiene and food storage.
- All surfaces are to be cleaned before and after meals with the appropriate sanitizer
- Food and beverages are prepared and stored hygienically in accordance with the Australian Food Safety Standards.
- Children and educators always wash hands with liquid soap prior to food preparation and eating. Tongs are used for serving food.
- Antibacterial wipes and/or liquid hand sanitisers are taken on excursions if suitable hand washing facilities are not available.
- Left over foods will be labelled and stored correctly
- Safe eating practices will be followed to reduce the risk of choking
- Food will not be used as a punishment or as a reward
- All OSHC staff are encouraged to attend professional development on food and nutrition related issues
- Staff are aware of constantly changing nutrition information and continue to make adjustments to the menu as necessary

Nut Allergy Awareness Policy:

- OSHC adheres to Woodside Primary Schools Nut Allergy Awareness Policy.
- No peanut butter, nutella, fresh nuts (especially peanuts) or food cooked in peanut oil are served to the children.
- Families are informed not to bring any food containing nuts. Notes are displayed at the service.

Special Dietary Requirements:

- Woodside Primary School's OSHC ensures the needs of children with special dietary requirements are met. When necessary, educators will attend professional development on children's dietary needs or seek information from relevant organisations. (for example, Diabetes SA, Anaphylaxis)

- Where a child has special needs the service will work with the child and their family to develop a plan to meet the child's needs. Parents will need to inform the service of any changes in their child's dietary requirements. Families are required to provide health plans from the child's medical practitioner upon enrolment and update these as necessary.
- Educators discuss individual dietary requirements of children at staff meetings and how they can cater for their needs, eg nut/egg/dairy allergies or intolerances, coeliac disease, diabetes, vegetarians and religious/cultural requirements.
- When a special treat or cooking activity is offered at afternoon tea that is not suitable for a child with allergies/intolerances, alternatives are offered. For example, gluten-free options. These treats can also be offered to the whole group.
- Educators are made aware of these foods and the children who require them. (For example, a child with diabetes can have their own food supply in a container or box in the pantry cupboard)
- Where necessary, specific nutritional issues and queries will be referred to a qualified dietician/nutritionist/health nurse for clarification.