

HEALTH & SAFETY - FOOD

POLICY

If Educators are required to provide meals, they must be nutritional and suit the developmental needs of children. Meals need to be of a standard to attract the interest of the children who may otherwise be reluctant eaters.

Information for parents regarding the meals provided for their child is necessary to ensure that a child is offered a balanced diet throughout the day.

Educators are encouraged to discuss with parents' individual children's particular cultural, religious or health related dietary needs and to determine the best way of meeting these needs, for example, the parent providing specially required food.

PROCEDURE

1. The Educator shall ensure that food provided is nutritious, adequate in quantity, varied, offered at frequent intervals and is appropriate to the developmental needs of the child. Drinking water must be provided and available at all times.
2. There must be information that is readily accessible to parents that outline the approach to individual children's dietary needs, culture, religion and health.
3. Safe food handling procedures will be adhered to at all times (see policies: '*Facilities - Food Preparation*', '*Health & Safety – Food Handling*' and '*Health & Safety - Hygiene & Infection Control*').

Source National Law, Regulations and Standards (ACECQA 2011)
"Staying Healthy In Childcare" NHMRC publication
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