

HEALTHY EATING POLICY

Quality Area 2

PURPOSE

The purpose of this Policy is to ensure the health and safety of all children attending Sorrento Early Learning.

OUR VISION FOR SORRENTO EARLY LEARNING

Our vision is to aspire for excellence in the provision of early childhood services through the creation of a safe, extended family environment and the development of a community of learners where educators, parents and other adults are committed to the children's education and wellbeing.

BROAD GUIDELINES FOR THIS POLICY

Sorrento Early Learning understands that it has a duty of care to ensure that the nutritional needs of children are met and that food is stored safely. Good nutrition is essential to healthy living and enables children to be active participants in play and learning.

The healthy eating needs of every individual child will be met. At the Centre, we believe that each child has the right to:

- a balanced diet
- to have their food allergies responded to
- ensure that special diets are followed
- regular mealtimes

and that religious and cultural beliefs and practices in relation to food will be respected.

At Sorrento Early Learning, we believe that meal time is an important time, shared together with family and friends, promoting healthy eating and positive eating behaviours.

Snack times and lunch times will provide positive learning experiences and encourage healthy eating habits. Parents and guardians will be encouraged to share their family's multicultural or religious food experiences and values.

Allergy lists, management and action plans will be in place and every care will be taken to protect children from any known allergies or intolerances.

At Sorrento Early Learning, all food storage guidelines are adhered to, in order to ensure that children are protected from any food-related illness.

PROCEDURES

The Sorrento Early Learning Team Leader will ensure:

- Educators, students and volunteers model healthy eating behaviours and practices
- Snack and lunch times will be treated as social occasions. Staff will sit with the children and interact with them to encourage healthy eating habits
- Food will be stored and prepared hygienically.

- The Centre will ensure that all food handling meets the safety laws and regulations as set down in the Food Act 1984
- Parents will be informed about healthy and nutritious, age appropriate foods, and be requested to send only those foods that fit these criteria, together with only water, milk or formula as a drink.
- Parents will be required to provide details of any allergy that their child has, and the management and action plans prior to enrolment; these will be available and displayed in an appropriate way in the playroom. All staff to be made aware of any children in attendance with an allergy or intolerance.
- Parents will be required to provide details of known anaphylactic response to any foods that their child has, provide an ASCIA Action Plan, including a photograph of the child, and completed by a doctor or medical specialist which will be clearly displayed within the Classroom.
- To minimise the risk of any anaphylactic reactions, the Centre has a strict 'no nuts' and 'no eggs' policy, and all parents, staff and visitors will be made aware of this

Parents will:

- Refrain from providing nuts and eggs in their purest form, or in other foods such as muesli, whole eggs, peanut butter in their children's snacks or lunch boxes
- Provide only healthy, age-appropriate snacks
- Provide only water, milk or formula as the child's drink
- Be responsible for information the Centre of any dietary requirements, e.g. for health, allergy, religious or cultural reasons

Available Resources

Children (Education and Care Services National Law Application) Act 2010 Education and Care Services National Regulations 2011

Children's Services Regulations 2009

Policy Control Data

Approved by Sorrento Community Centre

Date: April 2020

Scheduled Review Date: April 2022

Next Review Date: