



## Nutrition, Food & Beverages and Dietary Requirements

---

### **Purpose of this Policy**

To embed healthy food habits, attitudes, good nutrition and cater to each child's individual dietary requirements within the OSHC program.

---

Children are offered breakfast in the morning & an afternoon tea snack in the afternoon when attending an OSHC session. Food is prepared each session by the service educators who maintain the highest standard of cleanliness and hygiene at all times.

During vacation care (Newtown program only); children are offered breakfast and a nutritionally balanced afternoon tea snack. Families are responsible for providing a nutritional lunch and a refillable water bottle for their child during vacation care. To minimise the risk to children who are diagnosed at risk of anaphylaxis and/or allergies, we are an egg and nut free program.

School Support Services recognise children as active participants in their own learning. Each child's agency is promoted, enabling them to make choices and decisions and influence events and their world. Incorporating progressive afternoon tea times into the educational program allows children to choose to eat when they are hungry, rather than according to a routine. Childhood is a time of increasing independence. As children grow and develop they become more confident to do things for themselves, to express themselves and to explore their world independently. With guidance, children are encouraged to self-serve breakfast, afternoon tea and beverages.

**School Support Services are responsible for:**

- Ensuring children have access to safe drinking water at all times.
- Ensuring children are offered food and beverages throughout the session that are appropriate to their nutritional and specific dietary requirements as set out on child enrolment records
- Providing a weekly menu of food and beverages that are based on the Australian Dietary Guidelines (as assessed by HEAS) to ensure the provision of food and beverages is nutritious and adequate in quantity
- Ensuring food and beverages are consistent with the OSHC program menu
- Ensuring the weekly menu is displayed in an accessible and prominent area for families to view
- Ensuring the weekly menu accurately describes the food and beverages provided each session
- Ensuring meal times are relaxed and pleasant and timed to meet the needs of the children. Educators will engage children in a range of interesting experiences, conversations and routines
- Ensuring that all educators are aware of a child's food allergies and/or other medical conditions on enrolment record
- Ensuring measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes
- Developing links with local and regional health services, community organisations and businesses that provide expertise, resources and support for healthy eating and active play

**Educators are responsible for:**

- Being aware of a child's food allergies and/or other medical conditions as outlined on enrolment record and on XPLOR (click on 'Attachments' to view a list of the medical conditions, dietary requirements and other important notes of children attending the session)
- Being aware of, planning for the dietary needs of children diagnosed with anaphylaxis, allergies and/or diabetes
- Discussing healthy eating choices with children, and role-modelling positive eating and drinking habits
- Supporting diverse cultural, religious, social and family lifestyles

- Supporting students and volunteers to comply with this policy while at the service
- Keeping families informed of current information relating to healthy eating
- Providing food and drinks at regular intervals, and encouraging children to actively participate in, and enjoy, snack times without feeling overwhelmed and rushed
- Providing adequate supervision for all children during meal times
- Encouraging children to be independent at meal times
- Sitting with the children at meal times, interacting, conversing and providing assistance to children where required
- Providing a progressive afternoon tea
- Ensuring all children are sitting whilst eating
- Keeping the fruit bowl stocked with seasonal fresh fruit
- Following the displayed menu

**Parents/guardians are responsible for:**

- Providing details of specific nutritional/dietary requirements, including the need to accommodate cultural or religious practices or food allergies, on their child's enrolment record, and discussing these with the Service Coordinator prior to the child's commencement at the OSHC program
- Updating nutritional/dietary requirements in writing of any changes immediately by emailing [bookings@schoolsupportservices.com.au](mailto:bookings@schoolsupportservices.com.au)
- Providing a nutritional lunch and a refillable drink bottle whilst accessing the vacation care program

**Volunteers and students, while at the OSHC service, are responsible for following this policy and its procedures**