

Mawson Lakes School - OSHC

Policy Statement on Nutrition

Food provided at the Mawson Lakes School OSHC Service will be nutritious and varied. Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits. Parents will be consulted and encouraged to share family and multicultural values, experiences and recipes to enrich the variety and enjoyment of food to meet children's nutritional needs.

HOW POLICY WILL BE IMPLEMENTED (specific policies and procedures)

- Food is prepared and stored hygienically (see Health policy).
- The service will provide children with balanced snacks that meet the recommended nutritional needs of children.
- Snack times will be treated as social occasions. Staff members will interact with the children to encourage good eating habits and an appreciation of a variety of foods and drinks.
- Where possible, snacks and drinks will reflect a wide variety of cultures, especially the cultural backgrounds of families and within the local community.
- Snacks and drinks will be appetising and provide variety. Where possible, fresh produce will be used.
- Menus will be planned with input from children, parents and staff.
- Drinking water will always be available and accessible to staff and children.
- Children will be encouraged to try different food, but will never be forced to eat. Their food likes and dislikes and their family's religious and cultural beliefs regarding food will always be respected.
- Where children are on special diets or have allergies, the parents may be asked to provide a list of suitable and unsuitable foods and their child's food preferences or to supply special food.
- Children who are anaphylactic will be monitored and the needs of every child with severe allergies will be met and catered for. Food will be cut on separate chopping boards and served on isolated platters as not to cross contaminate.
- The denial of food will never be used as punishment.
- The importance of good, healthy food will be discussed with children during snack time, as appropriate.
- During vacation care, parents will be asked to provide their child's morning tea, lunch and water bottles, except when otherwise stated on the vacation care program.
- Breakfast will be provided at Before School Care up to 8 am.
- When food is prepared as part of the children's program of activities, the ingredients and preparation techniques used will be hygienic and safe, and contribute to children's nutritional needs.