LOWER PLENTY PRIMARY SCHOOL OSH 

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# FOOD AND NUTRITION POLICY

## PURPOSE

The Service encourages and promotes the health and wellbeing of children through a healthy nutritious diet and, in particular, through providing positive learning experiences during meal/snack times where good nutritional foods and habits are developed in a happy, social environment. Parents are encouraged to participate in this approach to nutrition for their children.

## SCOPE

This policy applies to children, families, staff, management and visitors of the OSHC Service.

## IMPLEMENTATION

### Provision of Healthy and Varied Food Choices

* When Lower Plenty Primary OSHC provides food, staff seek to provide food:
  + Which is healthy, balanced and varied and age-appropriate and consistent with Dietary guidelines for children and adolescents in Australian (NHMR) 2003
  + Which includes a good balance of fresh foods, as opposed to pre-packaged and prepared foods
  + Which as far as reasonable meets the dietary needs of children with special dietary needs of which Lower Plenty Primary OSHC has been made aware or becomes aware
  + Children, staff and parents are encouraged to contribute ideas for the menu
* Parents / guardians will be advised when morning tea, lunch and afternoon tea are to be brought from home
* The Coordinator will discuss with all parents any food allergies and restrictions (including cultural or religious) which are required by the parent to be enforced at Lower Plenty Primary OSHC. Details of these restrictions will be noted on the enrolment form and passed on to staff. Food allergies or restrictions which are based on health reasons should be accompanied by a letter from a medical practitioner or other health professional.
* The Coordinator (and staff) will seek to accommodate all such reasonable nutritional needs of a child by giving appropriate directions to staff in relation to that child
* Where children have special dietary needs which is not reasonable that Lower Plenty Primary OSHC meet, staff will consult with parents and where necessary the meal / snack will be supplied from home
* When parents provide food for their child, healthy food and drink choices are encouraged

### The Eating Environment

* Social interactions will be encouraged during meal / snack times. Staff will spend this time interacting with the children and model good eating and social habits

### Serving Food

* Independence will be fostered by encouraging children to service themselves food
* If staff need to serve food to the children, gloves will be used
* Staff will encourage children to be seated while eating and drinking

### Drinking Water

* The Coordinator will ensure that the children have ready access to drinking water
* Staff will encourage children to drink water during the summer months
* Parents will be reminded to provide children with extra water to take with them on excursions

### Communication with Families

* The food provided by Lower Plenty Primary OSHC is planned ahead and are displayed in a prominent place for parents and children
* Parents are informed of any changes to the menu
* When parents provide food for their children they are provided with suggestions for healthy food and drink choices
* If a child has a special food needs, eg cultural requirements or food allergies, Lower Plenty Primary OSHC will work with parents to develop a plan to meet the child’s needs. Parents will inform Lower Plenty Primary OSHC of any changes.
* Parents are invited to contact the Coordinator at any time to discuss any comments or concerns or feedback in relation to the Nutrition Policy and of their child’s particular dietary requirements for health or other reasons

### Staff Training

* Staff are encouraged to attend professional development on food and nutritional related issues

## FURTHER INFORMATION AND RESOURCES

* Dietary Guidelines for Children and Adolescents in Australia
* National Regulations 77-80
* Quality Area 2, Element 2.2.1

## REVIEW CYCLE AND EVALUATION

This policy was last updated on 20th January, 2022 and is scheduled for review in January 2025.