

NUTRITION, FOOD SAFETY & HYGIENE

POLICY STATEMENT

Our service believes that good nutrition is essential for each child's healthy growth and development. For this reason, the service will provide nutritious, good quality food that is consistent with the Dietary Guidelines for Children and Young People in Australia. We will aim to provide a relaxed and enjoyable environment for children to eat their meals and snacks.

All food served at the service will be consistent with the child's own dietary requirements, and take into consideration the children's like and dislikes as well as meet any cultural requirements of families.

High standards of hygiene will be maintained throughout all food preparation. We will encourage the development of the children's good eating habits through the modeling and reinforcing of healthy eating and nutrition practices by educators. Families will be encouraged to share recipes and traditions to enrich the variety and enjoyment of food by the children and support the children's development of respect for and understanding of diversity. Where possible we will seek out opportunities to learn about growing our own food and collaborate with children to produce our own opportunities to use food we have grown ourselves in our menu planning.

CONSIDERATIONS

Education and Care Services National Regulations	77, 78, 79, 80
National Quality Standard	2.1
Other Service Policies/Documentation	<ul style="list-style-type: none">• Family Handbook• Dealing with Infectious Diseases Policy• Before School Menu• After School Menu
Other	<ul style="list-style-type: none">• Australian Dietary Guidelines for children and adolescents• National Standards Food Safety• Food Act 2003 (NSW)• Food Regulation 2010 (NSW)• NRG@OOSH (Network of Community Activities)

PROCEDURE

a) Nutrition

- A menu, developed using the principles set out in the Australian Dietary Guidelines for Children and Adolescents, will be on display for families and children at all times and be an accurate representation of the food and drink that is being served.

- All children's individual needs such as allergies, cultural requirements, and health needs etc. will be addressed in the menus and families advised if they would be required to supply specific foods for their child.
- Food and drink consistent with the menu will be provided for morning and afternoon tea as well as small nutritious snacks available as necessary.
- Fresh drinking water will be available at all times for the children and educators.
- During vacation care, families will be asked to provide their child's recess, lunch and drinks, unless otherwise stated on the program.
- Children and families will be encouraged to share family and cultural traditions, ideas and recipes to contribute to the menu.
- Education of healthy eating habits will be developed through ongoing example, specific activities, notices, posters and information sheets to families.
- The denial of food will never be used as a punishment.
- Children's cooking club activities will be encouraged to develop life skills.
- Educators are required to attend regular professional development on nutrition and food safety practices and document changes to practice as a result.

b) Food Safety

- All food will be prepared and stored in a hygienic manner as per the current Australian and New Zealand Food Standards.
- Opened food will be stored in tightly sealed containers, away from any chemicals. Sealed containers must be labeled with use by dates.
- Kitchen equipment will be cleaned and stored appropriately.
- Surfaces including tables and chairs in the care centre are cleaned and sanitised before and after food preparation.
- All perishable foods will be stored in the refrigerator and the temperature should be monitored to ensure it is less than 5°C.
- Perishable food left at room temperature for more than 2 hours is thrown out.
- All perishable foods will be kept cold while transporting.
- Raw meat and poultry is to be stored in trays at the bottom of the fridge.
- Frozen food is to be thawed in the refrigerator or the microwave only.
- Thawed food is not to be refrozen.
- Food is only to be reheated only once.
- Food is to be reheated quickly to at least 75°C.
- Hot food is maintained at 60°C.
- Food preparation including chopping of fruit and vegetables is to happen in the kitchen only.
- Cutting boards are replaced regularly so they are not cracked or creviced.

- Cutting boards are to be used according to the following colours: Green - fruit and vegetables; Red - raw meat; White - bread; Yellow - Dairy; Blue - poultry and fish.
- All dishes are to be air dried when possible. If a tea towel is used, it must be clean and it is to be used for one load of dishes only before being laundered.
- Children will be encouraged not to share their drinking and eating utensils.
- Tongs and spoons will be used for the serving of food. Where possible, educators will encourage children to serve their own food and drinks to encourage the development of their food handling skills as well as acknowledging their growing sense of independence.
- All cups, plates and utensils will be washed in hot, soapy water in the commercial dishwasher.
- Children should be seated while eating or drinking.
- Educators can choose whether to wear gloves or not provided that effective hand washing is being implemented. If gloves are used, care must be taken to avoid contaminating food by only using them for one continuous task and then discarding them. Gloves must be removed, discarded, hands washed and the gloves replaced with a new pair before handling food and before working with ready to eat food after handling raw food.
- Gloves must be removed and discarded before using the toilet, smoking, coughing, sneezing, using a handkerchief, eating, drinking or touching the hair, scalp or body. They will then be replaced if food preparation continues.
- All rubbish or left over food is to be disposed of immediately in lidded bins and bins emptied daily and regularly cleaned with disinfectant.
- Buckets used to collect food and food utensils are to be washed outside only.
- Containers are to be cleaned and stored appropriately to ensure pests are not able to contaminate them.
- Appliances such as refrigerator and freezer, microwave and hotplates are cleaned regularly according to the kitchen cleaning checklist.
- Kitchen floor is swept and mopped daily according to kitchen cleaning checklist.
- Children will be encouraged to be involved in food preparation and will be encouraged to follow good hygiene and food handling practices. This participation should always be supervised and an explanation provided to children on the reasons why hygienic conditions are maintained.
- Children will be asked to wash their hands before preparing, serving and eating food. Soap and paper towels will be made available for the children to use when washing hands.
- Educators will use the 'Food Handling Checklist for Out of School Hours Services' each term to review, evaluate and document the service's food handling practices.
- Staff and children who are sick will not prepare food.
- The service will regularly review and evaluate food handling practices in line with current best practice guidelines from recognised authorities.
- The service will provide food handling and hygiene information to parents.
- Ongoing food handling and hygiene professional development will be provided for staff.

c) To avoid cross contamination of allergens the following extra procedures are followed:

- Food for a child with any allergy is prepared first, covered with lid/cling wrap, labeled and placed away from other foods
- Separate utensils are used if preparing food containing different allergens
- Separate storage of allergens as required (e.g. eggs in sealed container in the fridge when a child with touch allergy is enrolled in the service)