

## Yankalilla Community Children's Centre

### **Food and Nutrition Policy**

Good nutrition is important for children's growth and development. The Yankalilla Community Children's Centre's food and nutrition policy aims to support parents in their provision of healthy, nutritious and varied food choices for their child whilst in preschool or childcare. Our policy is based on the Dietary guidelines for children and adolescents in Australia. (revised 2003:NHMRC)

The policy will be reviewed annually and will be communicated to parents at enrolment and kept in the Centre Policy Folder. Parents will be issued with the appropriate pamphlets "Lunchbox Checklist" or "Infants Lunchbox" and "Ideas to increase Essential Food groups in the Lunchbox" at enrolment.

In partnership with parents, the Yankalilla Community Children's Centre aims to promote and encourage the establishment of good eating habits early in a child's life.

### **Food brought from Home**

At the Yankalilla Community Children's Centre all food (except breakfast) is provided by parents including milk bottles for younger children. All other drinks are supplied by the centre. Heating of children's solid food will only occur for children aged less than two years.

Parents will be encouraged to provide their child with a variety of food from the essential food groups that will provide at least 50% of their recommended daily intake of key nutrients. Quantities may vary according to individual children's appetites. Lunch box guidelines and suggestions for nutritious and safe foods will be given to parents on enrolment and are also attached to this policy.

Food that is brought to the Centre outside of these guidelines (food with minimal nutrients and high in fat or sugar) will be returned home with the child at the end of their preschool or childcare session. A note of explanation with suggested alternative food choices will be given to parents of the child.

Label Reading Guide - Acceptable levels of fat / sugar:

Total Fat: less than 10g per 100g

Sugars: less than 15g per 100g

Food (fruit, bread or dry biscuits) will always be available in case of an emergency, or if children have brought insufficient appropriate food from home. Parents will be advised if their child is not eating well, or of any concerns.

### **Breakfast**

The centre will provide breakfast to all children who arrive prior to 8am. Children will be offered cereal (cornflakes, rice bubbles or wheatbix) with full cream milk and /or wholemeal or multigrain toast spread with margarine, vegemite, jam or honey. They will be offered a cup of milk or water to drink.

### **Staff**

Staff will actively support the Centre Food and Nutrition policy by:

- Helping parents access nutrition information including healthy food choices and alternatives
- Ensuring that all food consumed within sight of children adheres to the same guidelines established for the children.
- Sitting with children at meal and snack times in order to facilitate the provision of a safe, supportive and social eating environment for children.
- Teaching children about food and nutrition through food awareness activities and "hands on" food preparation activities and discussions.
- Completing training in Food Safety and Nutrition - (Bug Busters DVD and Quiz) within one month of commencing employment.

## Choking Hazards

To make eating safer for children staff will:

- Ensure children are always seated and supervised when eating
- Never force a child to eat
- Encourage children to eat slowly and chew well
- Encourage children to feed themselves

Children of any age can choke on food. Children under 4 years are most at risk because they:

- Do not have back teeth to chew and grind food
- Are still learning to eat, chew and swallow

The following guidelines apply to children under 4 years of age:

Type of food	Examples	How to modify to make food safer
Foods with skins	Sausages, hotdogs, frankfurts.	Remove skins, cut lengthwise, and then into small pieces.
Round foods	Grapes and cherry tomatoes.	Cut in half.
Foods with seeds, pips and stones	Cherries, stone fruit, olives.	Remove seeds, pips and stones and cut into small pieces.
Foods that are hard, crunchy or stringy	Hard fruit and vegetables such as raw apple, carrot and celery.	Grate, very finely slice, cook or mash.
	Corn chips, popcorn, nuts, and hard or sticky lollies. Very hard crackers that don't dissolve or break up easily.	Not Permitted
Foods that are tough and chewy	Meat with gristle and bone. Tough meat.	Remove fat, gristle and bone. Cut into small pieces. Mince, shred or slow cook.
Foods containing small bones	Fish, chicken.	Remove bones and cut into small pieces.

Staff will prepare food in accordance with the above guidelines for morning fruit time **only**. Foods for lunch or afternoon snack, not supplied in accordance with the above guidelines, will be removed from the child's lunch box and returned to the parent at the end of the day. A note of explanation with the current "safe food" guidelines will be given to parents of the child.

## Food Allergies and Intolerances

The special needs of children with food allergies, food sensitivities or medical diets will be catered for in consultation with parents and the appropriate medical professionals.

At the enrolment interview, parents will be asked if their child has a known or suspected food allergy or intolerance. This information will be recorded on the child's enrolment form. The child's primary carer (Childcare Children or the Centre Director (Preschool Children) will record the child's known or suspected food allergies / intolerances on an individual allergy photo card which will be laminated and displayed on the centre fridges.

In addition, where the child has individual dietary needs, the parent will be asked to provide a health care plan, written by a relevant health professional eg, Doctor, Paediatrician, Specialist or Dietician. The care plan should include information about medical conditions and any recommended emergency procedures.

If a child enrolls who is medically diagnosed as being at risk of an anaphylactic reaction to certain foods, the Governing Council will determine if an adjustment to the Food and Nutrition policy should be made.

We currently have a child attending our service who is at risk of an anaphylactic reaction to NUTS, EGGS AND PINEAPPLE. Consequently, parents are asked not to bring **nuts** (this includes no **Peanut Butter/ Nutella sandwiches**), **no hard boiled eggs, egg sandwiches, quiche or pineapple** into the centre. Educators will not use nuts, eggs or pineapple in their cooking experiences with children.

**Special diets for non medical reasons (cultural, religious and other reasons)**

A "special diet" declaration needs to be completed by the parent. Health professional input is not required, but will be encouraged if the staff are concerned that the diet is not nutritionally adequate as a result of the diet request.

**Please keep the following treats at home**

Too high in fat, sugar and/or salt

- potato chips, twisties, corn chips, chocolate bars, chocolate biscuits, cream biscuits, donuts, cream cakes, "cheese spread and biscuit" snack packs and muesli bars and snack bars unless they are supplied in packaging the meets the nutrition criteria specified below

Too high in sugar and can contribute to tooth decay

- lollies, fruit bars and roll-ups

In addition:

**"Pre-Packaged Snacks" must be less than 15g sugar and 10g fat per 100gms. Exception: Muesli bars can be less than 20g sugar per 100g (with no nuts or chocolate) as we understand fruit content drives up the sugar content** This information must be written by the manufacturer on the packaging supplied.

**Other Exceptions: yoghurts, custards, cheese sticks and dried fruit.**

Food supplied outside of these guidelines will be returned home with the child at the end of their preschool or childcare session with a note explaining why the food is inappropriate.. An alternative food option will be provided for the child on that day if required.

Two pamphlets "Ideas to increase Essential Food Groups in the lunchbox" and "Meal and snack Ideas" are available to provide a variety of healthy food options. The child's primary carer or preschool teacher (as appropriate) will communicate with the parent verbally if inappropriate or insufficient food comes from home on more than one occasion.

**Children's Centre Meal Times**

Time	Meal Sessions
9.30am	Fruit time
11.30am	Lunch time for children having an afternoon sleep
12noon	Lunch time for children not having an afternoon sleep
3.00pm	Child care - Afternoon snack time

**Celebrations**

The Centre celebrates many special occasions and cultural events with children, families and staff including (but not limited to) birthdays, Easter and Christmas The centre may host special events to celebrate these occasions and at these events food that is outside of our general guidelines may be offered. Parents can provide a birthday cake to celebrate their child's birthday if they wish. If commercial fruit juice is served at the centre it will be diluted 1 part juice to 2 parts water.

**Fundraising**

The centre will review all fundraising activities to ensure they adhere to our nutrition policy guidelines.

**Infant Feeding - birth to 12 months**

See Infant feeding Policy

## **SUITABLE FLUIDS FOR CHILDCARE OR PRESCHOOL**

### **Birth to 12 months**

- Breast milk and infant formula
- Cooled boiled water (boiling required for children up to 6 months)
- (Soy formula only under medical advice)

NB: Cows milk is not recommended for babies less than 12 months old because it has a poor source of iron and may place the infant at risk of iron deficiency. It also has high levels of protein, sodium, potassium, phosphorous, and calcium causing a high renal solute load and strain on young kidneys. Cows milk can be used in small amounts, in the preparation of foods.

### **12 - 24 months**

- Breast milk
- Cows milk (full cream)
- Water
- Soy beverage, calcium fortified (full fat)

### **2 - 5 years**

- Reduced fat milk (1 - 2.5% fat)
- Soy beverage, calcium fortified (full fat or reduced fat)
- Water

### **Unsuitable fluids for childcare or preschool**

- Soft drink
- Cordials
- Sweet Syrups - Ribena, Delsora
- Vegetable juices
- Tea, Coffee, herbal teas
- Sweetened milk
- Full strength commercial juice (needs to be diluted 1 part juice to 2 parts water)

NB: For parents of children aged 2 and over

- Parents must pack a named drink bottle, full of water for their child to drink from when attending the Yankalilla Community Children's Centre. . (Prominent signage, reminder notes and verbal reminders will be utilised to ensure parents provide a drink bottle for their child.)

Source:

Department of Health, Government of South Australia *Preventing Choking on Food* August 2011

Child and Youth Health Website [www.cyh.com.au](http://www.cyh.com.au)

DETE (2001) Health Support Planning for Schools, Preschools and Childcare Centres,

Guidelines for Food and Nutrition Policy in Child Care Centres - SA Child care Nutrition Partnership 2005

Start Right Eat Right (2010) *Training Manual*

NHMRC (2003) Food for Health, Dietary guidelines for Children and Adolescents in Australia

Adopted: July 2003

Last reviewed: February 2017

To be reviewed: February 2018

## Childcare Lunchbox Checklist – Full Day

Use this checklist to ensure your child's lunchbox includes the **minimum** serves of food needed to meet the nutritional requirements of children while in long day care (a full day). Children's appetites may vary, so more food from the guidelines below may be provided.

### Grain Foods: 2 serves

1 serve =

- 1 slice of bread
- $\frac{1}{2}$  bread roll
- $\frac{1}{2}$  cup breakfast cereal
- 1 wheatbix
- $\frac{1}{2}$  cup cooked rice or pasta
- 3 crispbread or 10 rice crackers

### Vegetables: 1 serve

1 serve =

- $\frac{1}{2}$  cup cooked vegetables (on own or in dishes)
  - 1 cup salad vegetables ( eg: cherry tomatoes, sliced tomato, snowpeas, cucumber sticks, grated carrot, capsicum strips, coleslaw )
  - 1 potato ( eg: potato salad, in dishes)
- May be served on their own or in sandwich

### Milk and Milk Products: 2 child serves

1 serve =

- 100ml plain milk /calcium enriched soy milk
- 15 gm cheese
- 100gms or  $\frac{1}{2}$  cup custard
- 75g yoghurt

### Meat and Substitutes: 1 child serve

1 serve =

- 45gm cooked weight red meat, chicken or fish
- $\frac{1}{3}$  cup mince, meat casserole or chickpeas
- 1 slice beef / ham
- 1 egg
- $\frac{1}{2}$  cup cooked legumes, baked beans or lentils

### Fruit: 1/2 serve

**(Fruit is generally eaten at fruit time)**

1 serve =

- $\frac{1}{2}$  medium piece of fruit (apple, orange, banana, rockmelon, watermelon, peach)
- 1 small piece of fruit (eg: apricot, plum, kiwi fruit)
- $\frac{1}{2}$  cup stewed or canned fruit
- 2 tablespoons dried fruit

Remember: Good eating habits begin in early childhood. Attitudes and habits developed in childhood often set a pattern that is carried throughout life. Good nutrition is needed for growth, optimum brain function and to build children's health and general well being.

## Kindy and Morning session of Childcare Lunchbox Checklist

Use this checklist to ensure your child's lunchbox includes the **minimum** serves of food needed to meet the nutritional requirements of children while at kindy or a morning session at childcare. Children's appetites may vary, so more food from the guidelines below may be provided.

### Breads and Cereals: 2 serves

1 serve =

- 1 slice of bread
- $\frac{1}{2}$  bread roll
- $\frac{1}{2}$  cup breakfast cereal
- 1 wheetbix
- $\frac{1}{2}$  cup cooked rice or pasta
- 3 crispbread or 10 rice crackers

### Vegetables: 1 serve

1 serve =

- $\frac{1}{2}$  cup cooked vegetables (on own or in dishes)
- 1 cup salad vegetables ( eg: cherry tomatoes, sliced tomato, snowpeas, cucumber sticks, grated carrot, capsicum strips, coleslaw )  
May be served on their own or in sandwich
- 1 potato ( eg: potato salad, in dishes)

### Milk and Milk Products: 1 child serve

1 serve =

- $\frac{1}{2}$  cup plain milk /calcium enriched soy milk
- 15 gm cheese
- 75gms or 1/3 cup yoghurt
- 100gms custard

### Meat and Substitutes: 1 serve

1 serve =

- 45gm cooked weight red meat, chicken or fish
- 1 egg
- 1/2 cup cooked legumes, baked beans or lentils
- 1 slice beef / ham

### Fruit: 1/2 serve (This is generally eaten at fruit time)

1 serve =

- 1/2 piece of fruit (apple, orange, banana, rockmelon, watermelon, peach)
- 1 small fruit (eg: apricot, plum, kiwi fruit)
- $\frac{1}{2}$  cup diced cooked or canned fruit
- 2 tablespoons dried fruit

Remember: Good eating habits begin in early childhood. Attitudes and habits developed in childhood often set a pattern that is carried throughout life. Good nutrition is needed for growth, optimum brain function and to build children's health and general well being.

