

## Yankalilla Community Children's Centre

### **Food and Nutrition Policy**

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. The policy will be communicated to parents at enrolment and is available for viewing on our website.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

1. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities. Research demonstrates that children with decreased overall diet quality are significantly more likely to perform poorly on assessment tasks
2. Short term: maximises growth, development, activity levels and good health.
3. Long term: minimises the risk of diet related diseases later in life.
4. YCCC is a breastfeeding friendly site

In support of this policy:

#### Educators at YCCC will:

- provide rewards/encouragements that are not related to food or drink
- not withhold food as a punishment or disciplinary measure
- actively plan for activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- provide opportunities for children to develop practical food skills including the preparation and cooking of healthy food
- ensure that all food consumed within sight of children adheres to the same guidelines established for the children.
- sit with children at meal and snack times in order to facilitate the provision of a safe, supportive and social eating environment for children.
- complete training in Food Safety and Nutrition - (Bug Busters DVD and Quiz).

#### Children at YCCC will:

- have fresh, clean tap water available at all times and will be encouraged to drink water regularly throughout the day
- eat routinely at scheduled break times
- eat in a positive, social environment with educators who model healthy eating behaviours
- engage in our outdoor learning environments to experience growing, harvesting and have opportunities to prepare nutritious foods

### **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 **five** 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.

Two pamphlets "Ideas to increase Essential Food Groups in the lunchbox" and "Meal and snack Ideas" are available to provide parents / caregivers with suggestions for healthier 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.

Food (fruit, bread / toast) 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 (weetbix) with milk and /or toast spread with margarine/vegemite. They will be offered a cup of milk or water to drink. Sometimes the educators may make pancakes/waffles for breakfast as a special treat.

**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:

<b>Type of food</b>	<b>Examples</b>	<b>How to modify to make food safer</b>
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.	Not Permitted
	Very hard crackers that don't dissolve or break up easily.	
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**

When a child with a severe food allergy is enrolled at the centre, a plan specific to the child's needs will be developed and communicated to educators and the centre community and implemented for the duration of the child's enrolment.

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 DAIRY. Governing Council has decided that YCCC will remain as a NUT AWARE centre. Consequently, parents are asked not to bring **nuts** (this includes no **Peanut Butter/ Nutella sandwiches**) into the centre.

Educators will closely supervise the child at risk of an anaphylactic reaction at all meals times and ensure the child only eats food supplied by their parents at YCCC. Children in the same "program" as the child at risk of anaphylactic reaction will wash their hands and face at the completion of the meal / snack time.

**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.

Children's Centre Meal Times - Approx

Time	Meal Sessions
9.30am	Fruit time
11am	Lunch time for Joeys
11:30	Lunch time for Possums and Kangaroos
12noon	Lunch for Kindy
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. These events will be included in our allowance for two special events per term when treat foods are permitted Under this allowance, parents can provide a birthday cake to celebrate their child's birthday if they wish.

**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
- Flavoured milk
  - Almond Milk

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:

Dietry

Government of South Australia. (2008) *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools*.

Start Right Eat Right (2010) *Training manual*

The Department for Health: *Choking risks for toddlers and young children (2011)*

Health Direct: *Healthy Eating for children*

Department for Education and Child Development. (2015) *Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools*.

## 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 low fat custard
- 75g low fat 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 weetbix
- $\frac{1}{2}$  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, snow peas, 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: 1 child serve

1 serve =

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

### Meat and Substitutes: 1 serve

1 serve =

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

### Fruit: $\frac{1}{2}$ serve

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

1 serve =

- $\frac{1}{2}$  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.