

DSM OSHC Policy

Nutrition and Food Safety



Deutsche Schule Melbourne Inc, ABN 52 936 931 854

Statement

The DSM OSHC service (the service) is governed by Board of Deutsche Schule Melbourne. The service shares the vision and philosophy to help students realise their own potential and become creative and confident participant in the global community. It caters for children from diverse cultural and linguistic backgrounds.

Rationale

The service recognises the importance of healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating. The service therefore recognises the importance of supporting families to provide healthy food and drink to their children.

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child.

Principles

It is essential that the service partners with families to provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes and cardiovascular disease.

The service recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children.

Scope

This policy applies to children, families, staff, and management of the service.

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Goals

The service has a responsibility to help children to develop good food practices and approaches by working with families and Educators to:

- Promote healthy foods and eating habits that ensure healthy growth and development in children.
- Provide a pleasant and attractive place for meal and snack times that are inclusive and culturally appropriate.
- Ensure that meal and snack times are an opportunity for social learning and positive interaction, with staff sitting with children to act as role models.
- Consult and work collaboratively with families, recognizing cultural practices and lifestyle choices.
- Provide guidelines for a flexible approach to serving and consuming food for children attending the service.
- Provide opportunities for children to try new foods, including different colors, flavors, aromas and textures through daily meal time.
- Communicate effectively with families about their child's food and nutrition requirements.
- Provide children with opportunities to learn about food, nutrition and healthy lifestyles.
- Provide a safe, supportive and social environment in which children can enjoy eating.
- A written menu will be on display at all times and will accurately reflect what foods are offered to children, by the service, on a daily basis (R 80). (e.g. Morning Tea and Afternoon Tea).
- All staff and children involved in food preparation wash and dry their hands before a cooking activity.
- All staff and children wash and dry their hands before eating.
- Children do not eat food or use utensils which have been dropped on the floor.
- Children do not use drinking or eating utensils which have been used by another child.

Implementation

- Educators will seek to provide food which is healthy, balanced, varied, age-appropriate and consistent with the Australian Government's Australian Dietary Guidelines <https://www.eatforhealth.gov.au/guidelines>
- Menu planning will occur in compliance with Regulation 79 Regulations (2011). of the Education and Care Service National
- Service menus are planned to ensure that food provided is varied and encompasses all the food groups.
- Any special dietary considerations are always taken into consideration when planning menus.
- Menu information will accurately describe the food and beverages to be provided and be displayed at the Service. Families are notified of any changes to the planned menu through information included on the menu planner, in a prominent place for families and children, in compliance Regulation 80 of the Education and Care Service National Regulations (2011).
- Menus are planned with input from children, families and Educators who are responsible for food preparation.
- Parents/Guardians are encouraged to forward any ideas, suggestions and recipes for consideration in the planning of the menu.
- Recipes for all meals will be available to families upon request.
- Providing attractive and well-presented snacks that are appetizing and provide variety in colour, texture and taste.
- The service aims to promote healthy eating habits, and endeavors to avoid providing foods that are high in sugar, high in fat, or high in salt, and wherever possible, using fresh produce that is in season, which is free of preservatives and any additives.
- Dental and oral health will be considered when planning, providing or encouraging healthy eating choices.

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DRINKING WATER

- The service will ensure that drinking water is available in compliance Regulation 78 Service National Regulations (2011) of the Education and Care.
- The staff will ensure that children have ready access to clean and cool drinking water and clean cups.
- Children are encouraged by Educators to drink water throughout the day.
- Water is available to all children throughout the day when in attendance on the Service premises.
- The provision of water will be considered at any time that children leave the premises, for example during excursions.
- Educators will encourage children to drink extra water during the summer months.

HOT DRINKS

- DSM OSHC is committed to the education of its staff, children and families, other users of the Service and the community, in the prevention of scalds and burns from hot drinks.
- The Service will be able to serve hot drinks including but not limited to soup to children. Children will not be permitted to be served tea or coffee.
- During any time, when hot drinks are served to children, children will be supervised and guided appropriately with consideration to safety and appropriate behaviour. Educators will serve hot drinks to children only when children are sitting at a table.
- Hot drinks will be served at below boiling point.
- Hot drinks may be consumed by Educators in a designated, safe area, where there are no children present, i.e. office or kitchen space where children are not permitted, and only during designated break periods or before children arriving at the Service.

SERVING FOOD

- Food will be available in compliance with Regulation 79 Regulations (2011). of the Education and Care Service National
- At Morning/Afternoon Tea times, Educators will encourage children to try different foods and to take appropriate portions.
- Independence will be fostered by encouraging children to serve themselves food, under supervision from Educators, using appropriate equipment.
- Educators will encourage and involve children in conversations and routines that promote healthy eating and good nutrition.
- Educators will facilitate children being involved in the preparing and serving of food.
- Appropriate hygiene standards will be maintained while preparing and serving foods in compliance Regulation 77 of the Education and Care Service National Regulations (2011).
- Any special dietary considerations are always taken into consideration when planning children's learning experiences involving food with children allergies etc. catered for in compliance Regulation 79 Education and Care Service National Regulations (2011).

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MANAGING SPECIAL DIETARY REQUIREMENTS

- It is the Parent's/Guardian's responsibility to inform DSM OSHC of any foods their child is not able to eat for any reason. Parents/guardians are required to add the relevant information to the child's enrolment form and advising Educators on any changes to this requirement as the need arises in compliance Regulation 162 and Care Service National Regulations (2011).
- Children with special dietary needs will be catered for accordingly, with strict adherence to each of their requirements and special diets in compliance Regulation 79 of the Education and Care Service National Regulations (2011).
- It is the responsibility of the individual family to inform the service of any special dietary requirements their child may have via the enrolment form and in person at the service.
- Where children are on special diets, the families will be asked to provide a list of suitable foods and the child's food preferences.
- Children's learning experiences involving food will incorporate a child's specific dietary requirements for medical/health/religious/cultural reasons.

REFERENCES:

- ACECQA National Quality Framework Resource Kit (2012)
Quality Area 1 – Educational Program and Practice. Quality
Area 2 – Children's health and safety.
Education and Care Services National Regulations (2011). R 77, 78, 79 & 80
Heart Foundation, 2002, Eat Smart, Play Smart, A Manual for Out of School Hours Care, Australia
Australian Guide to Healthy Eating
Nutrition Australia - Healthy Together Victoria –www.nutritionaustralia.org.au

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DSM Internal Use

Version and Approval

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Related Policies & Documents

Care, Safety and Welfare of Students:

DSM OHC Code of Conduct
DSM OSHC Sun Protection
DSM OSHC Interactions with Children
DSM OSHC Administration of Medication
DSM OSHC Medical Conditions