

**THE GOWRIE (QLD) INC**  
**NUTRITION POLICY**  
**FOOD BROUGHT FROM HOME**

**CONSIDERATIONS:**

QIAS	Principle 1.1,1.4,6.1 and 6.2
REGS	Child Care Regulation 2003 Sections 49 /56 / 63

**POLICY STATEMENT:**

To encourage parents to provide children with healthy lunches and to support healthy eating practices through the centre program.

**RELEVANT FORMS/MATERIAL:**

- **Good Nutrition for Children**
- **Bringing Suitable Foods from Home** (Suggestions for parents)
- **Healthy & Easy Lunchbox Ideas**
- **Eating tips for children** – young toddlers/older toddlers/preschoolers/fussy eating/lunchbox suggestions
- **Eating Patterns of Australians**

**SOURCES:**

- Queensland Health *Your Child Care Centre's Food and Nutrition Policy.* [www.health.qld.gov.au/phs/Documents/shpu/6654.pdf](http://www.health.qld.gov.au/phs/Documents/shpu/6654.pdf) Accessed Feb 2004, Mar 2005, April 2006
- Department of Human Services, State Government of Victoria (2003) (*Sundry articles*) [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) Accessed Feb 2004.
- Bunney & Williams (1996) *Caring for Children.*
- Nutrition Education Service (1996) Tummy Talk No 3: *Creating a Policy.*
- Farmer (1995) *Policy Development in Early Childhood Services.*
- Appleton, J. McCrea, N. & Patterson, C. (1991) *There's more to food than eating.*
- NSW Health (1998) *Caring for Children's Health in Long Day Care Centres.*
- National Health & Medical Research Council (2001) *Staying Healthy in Child Care: Preventing infectious diseases in child care.* (3<sup>rd</sup> Ed.) Commonwealth of Australia: Canberra.
- Nutrition Australia (QLD) 2006, *Children's Nutrition Kit 2006.*

**REVIEWED: April 2011**

**Date to be Reviewed: April 2012**

## PARENT INFORMATION & CONSULTATION

<b>INFORMATION</b>	<p>All families will be supplied with a list of nutritional information for children under school age.</p> <p>We encourage Services to be a Nut Free Service and request that families do not send meals containing highly allergenic foods with traces of nuts or nut products to lessen the risk of a child's anaphylactic reaction.</p>
<b>ONGOING</b>	<ul style="list-style-type: none"> <li>- A list of recommended and discouraged foods will be given to all families and at intervals through the year displayed on the noticeboard.</li> <li>- Parents are to inform staff of any particular dietary requirements or restrictions on the Enrolment Form.</li> <li>- If 'discouraged' foods are brought to the centre, a note suggesting an appropriate alternative will be provided to parents/guardians.</li> <li>- Large quantities or frequent consumption of fruit juice will be discouraged. <i>Fruit juice will be served diluted with water and at most given once a day.</i></li> <li>- Water will be the primary drink and will be available at all times.</li> <li>- Staff will act as role models in drinking water whilst around children. (Soft drink consumption must be kept to the staff room).</li> <li>- Full cream dairy products will be recommended in preference to skim.</li> <li>- 'Emergency food' will be available.</li> <li>- Children will have access to breads/cereals or fruit/vegetable snacks if they are hungry between meals.</li> <li>- Parents will be advised when their child is not eating well or requiring more food in their lunchbox.</li> <li>- Staff will encourage and respect family's cultural differences and similarities when considering mealtimes and food from various cultures and food preferences.</li> </ul>

## SUITABLE FOOD

<b>SUITABLE FOOD</b>	<p>We recommend:</p> <ul style="list-style-type: none"> <li>- That all dairy products be full cream.</li> <li>- That soy substitutes should be fortified with calcium.</li> <li>- That vegetarian meals include a protein food.</li> <li>- Where diet permits, that red meat be offered at least twice a week.</li> <li>- The use of a variety of breads eg brown, white, rolls, unleavened breads.</li> </ul> <p>At least two serves of cereal food be offered per day (bread, rice, pasta.)</p>
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<p><b>WHAT YOU SHOULD DO</b></p>	<ul style="list-style-type: none"> <li>- Leave left over food in containers to be returned home.</li> <li>- Encourage parents to share knowledge/expertise of foods/nutrition.</li> <li>- Consult with parents if child is not eating well and decide on a plan of action.</li> <li>- Staff will discuss with parent the need to include healthy food for children in lunch boxes</li> <li>- Parents will discuss with staff the issue of children's birthday celebrations and what is considered appropriate, (eg plain cake, cup cakes that can be shared – see Kindergarten Parent Handbook).</li> </ul>
<p><b>AVOID</b></p>	<p><b>Foods which present a choking risk, for example: lollies, popcorn, corn chips etc.</b></p>
<p style="text-align: center;"><b>FOOD HANDLING</b></p>	
<p><b>ONGOING</b></p>	<ul style="list-style-type: none"> <li>- Children and staff will wash their hands before handling food or eating meals and snacks.</li> <li>- Staff will wear blue gloves when handling children's food or assisting in the preparation of food</li> <li>- Food will be stored in a refrigerator at 4 Degrees Celsius or below as soon as possible after a child arrives.</li> <li>- Children will be discouraged from handling other children's food and utensils.</li> <li>- Staff will not permit children to eat food that has fallen on the floor.</li> <li>- Staff will attend Food Handling training annually</li> </ul>
<p style="text-align: center;"><b>THE SOCIAL FACTOR</b></p>	
<p><b>WHAT YOU SHOULD DO</b></p>	<ul style="list-style-type: none"> <li>- Sit at the table and engage on conversation with the children at mealtimes.</li> <li>- Celebrate special occasions with culturally appropriate foods eg birthdays, cultural and religious days.</li> <li>- Include food awareness activities from a variety of cultures. Invite parents/guardians to at least one food occasion each year.</li> </ul>

<b>NEVER</b>	<b>Use food as a form of punishment or reward either by its provision or denial.</b>
<b>FOOD AS PART OF THE CENTRE PROGRAM</b>	
<b>WHAT YOU SHOULD DO</b>	<ul style="list-style-type: none"> <li>- Include food awareness activities in the centre program, including foods that reflect special occasions and religious celebrations in other cultures.</li> <li>- Encourage children to have practical experiences in food preparation.</li> <li>- Discuss the food being eaten with the children. Discuss healthy food choices and the importance of good nutrition.</li> <li>- Encourage parents to share knowledge/expertise of foods/nutrition with children.</li> <li>- Ensure that mealtimes are pleasant and staff interact with children and engage children in interesting and sustained conversations at mealtimes.</li> <li>- Food is available for children whenever they are hungry throughout the day</li> </ul>