



Policy Category: WHS	
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Reviewed by: Principal	Endorsed by: Board
Approved by: Amica Gordon	Date: 13 July 2022
Signature: 	
Recommended frequency of review: 1 year for new policies, and then at least every 3 years unless otherwise approved by the Executive Team. Next review: 2023	
Related Legislation and Documents: Education and Care Services National Law Act 2010, No. 69 of 2010, Authorised Version incorporating amendments as at 30 March 2022	
Additional Information: This policy meets the requirements for After School Care registration.	

Document history:

Version	Date	Nature of Amendment
1	13/6/22	New Policy

Nutrition, food and beverages, dietary requirements_ASC

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DEFINITIONS AND ABBREVIATIONS

MSSA: Milkwood Steiner School Association

NQS: National Quality Standard (ACECQA)

PURPOSE

Milkwood Steiner Preschool provides information and guidance to families on healthy food choices. This will contribute to the prevention of health problems in children, allowing children to thrive physically, socially and intellectually, and in turn contribute to prevention of nutrition-related chronic diseases.

Milkwood Steiner School provides children with healthy morning and afternoon tea options as well as cooking activities. Most main meals are provided by families.

This policy is for considerations of nutrition, food and beverages and dietary requirements in Milkwood Steiner School’s After School Care service, addressing:

- **NQS 2.2.1** Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.
- **NQS 4.1.1** Educator-to-child ratios and qualification requirements are maintained at all times.

POLICY STATEMENT

Aims

Milkwood Steiner School After School Care will

- Ensure staff are aware of the importance of healthy eating and role model healthy eating and activity each day.
- Promote healthy nutrition and good food habits in children from a young age;
- Make available information about healthy nutrition to families.
- Support families in educating their children about healthy food choices.

Provision of food and drinks at the After School Care service

The Approved Provider and Nominated Supervisor will ensure that:

- All children have access to safe drinking water at all times;
- All children are offered food and drinks regularly.
- Food and beverages provided by the preschool are nutritious and adequate in quantity, and take each child’s individual development needs, and any specific cultural, religious or health requirements, including allergies and intolerances into consideration;

- Educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
- After School Care displays a menu of the food and beverages provided each day.
- All dietary requirements relating to medical conditions are adhered to.

Staff and educators will ensure that:

- Children are encouraged to make healthy food choices;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try new foods,
- Children are positively involved in mealtimes;
- They implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children; and
- Ensure that as per the Medical Conditions Policy that all dietary requirements relating to medical conditions are adhered to.
- feedback is provided to parents if their child is not eating well.
- The service will provide families with daily food and drinks where supplied food is not eaten or there is cause for concern.
- A decision to exclude foods or other items that can cause anaphylaxis will be made in consultation with the affected child's doctor and family
- Children with severe anaphylactic reactions to foods may be required to provide all their own food and snacks. This will be done in consultation with the relevant families.

Review

The Nominated Supervisor and Responsible Person will monitor and review the effectiveness of the nutrition/food/beverages policy regularly. Updated information will be incorporated as needed.