



BOURKE AND DISTRICT CHILDREN'S SERVICES

QUALITY AREA 2: CHILDREN'S HEALTH & SAFETY

POLICY NAME: NUTRITION AND FOOD SAFETY

POLICY STATEMENT

Our organisation is committed to ensuring consistently high standards of food preparation, storage and transportation are adhered to. We recognise the importance of healthy eating to promote the growth and development of young children and we are committed to supporting the healthy food and drink choices of children in our care. We acknowledge that the early childhood setting has an important role in supporting families in healthy eating and therefore we will ensure that we provide healthy food and drink to all children. We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children.

BACKGROUND

The Education and Care Services National Regulations requires Approved Providers to ensure their services have policies and procedures in place in relation to nutrition and food safety to ensure quality practices relating to nutrition, food & beverages and dietary requirements are followed at all times.

It is essential that our organisation 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 chronic adult conditions such as obesity, type 2 diabetes and cardiovascular disease.

Our service ensures the provision of healthy foods and drinks that meet the requirements for children according to the Australian Dietary Guidelines and Australian Guide to Healthy Eating. We also consider recommendations and key message from the below resources to guide our practice:

- Munch & Move
- Get Up & Grow - Healthy Eating and Physical Activity for Early Childhood
- Eat for Health
- Caring for Children - Birth to 5 years

OVERALL STRATEGIES / HOW WILL IT BE DONE?

Food will be served at various times throughout the day to cater for all children's nutritional needs. Mealtimes reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children which assists in creating a positive and enjoyable eating environment.

Food and bottles will be prepared in accordance with the Food Safety Program and all kitchens and food preparation areas will comply with Food Standards Australia and New Zealand (FSANZ) and any relevant local jurisdictional requirements. A Food Safety Supervisor will be responsible for ensuring safe food practices are conducted by all food handlers at the service and the Food Safety Supervisor and all food handlers will attend relevant food safety training to ensure they have the skills and knowledge to ensure food safety is a priority. Additionally, to ensure high levels of food safety are upheld, records are maintained relating to receiving, storage, processing, displaying and transportation of food and these records are retained for a period of 3 months.

ENCOURAGE AND SUPPORT BREASTFEEDING AND APPROPRIATE INTRODUCTION OF SOLID FOODS

BREASTFEEDING

Breastfeeding is important for infants' nutrition. Australian and international health authorities recommend exclusive breastfeeding until around 6 months. At around 6 months, solid food can then be offered while breastfeeding is continued until 12 months or longer if the mother and baby wish. Our service respects and supports mothers' wishes to continue to breastfeed their child while they are at our services, and we provide a welcoming environment for mothers to visit the service to breastfeed their child or to express breastmilk.

BOTTLE SAFETY

As young children (particularly those under 12 months) are still developing their immune system; they are more susceptible to food borne illnesses and infection. This therefore makes it imperative that our services implement and maintain the highest level of hygiene practices. Our services will ensure that safe practices are consistently maintained for handling, storing, preparing and heating breast milk and formula.



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BREAST MILK

- Breast milk that has been expressed should be brought to the service in a clean sterile container or bottle, labelled with the date of expression and the child's name.
- We encourage families to transport breast milk to the service in cooler bags which are given immediately to an educator upon arrival to put in the fridge.
- Individual families will be consulted regarding what should happen if there is no more breast milk left to provide to the infant.
- Breast milk must be kept refrigerated or frozen if not being immediately consumed.
- If breast milk needs to be thawed, it will be done so quickly by placing under cold running water, the water will gradually get warmer until the milk becomes liquid. (Boiling water or a microwave will never be used to thaw breast milk).
- Two educators will check the name labelled on the breast milk container before it is given to the child.
- Our service will adhere to breastmilk storage guidelines as advised by the National Health and Medical Research Council guidelines as indicated below:

BREAST MILK STATUS	STORAGE AT ROOM TEMPERATURE (26°C OR LOWER)	STORAGE IN REFRIGERATOR (5°C OR LOWER)	STORAGE IN FREEZER
Freshly expressed into sterile container	6–8 hours If refrigeration is available store milk there	No more than 72 hours Store at back, where it is coldest	2 weeks in freezer compartment inside refrigerator (–15°C) 3 months in freezer section of refrigerator with separate door (–18°C) 6–12 months in deep freeze (–20°C) *
Previously frozen (thawed)	4 hours or less– that is, the next feeding	24 hours	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	4 hours or until next feeding	Do not refreeze
Infant has begun feeding	Only for completion of feeding	Discard	Discard

FORMULA

- Formula will be prepared as per the instructions on the formula container and the provided scoop used for measurement.
- For infants under 12 months of age, cooled boiled water will be used to make the formula.
- If the boiled water hasn't had chance to cool, it can still be used but the bottle of formula should then be cooled as quickly as possible by running under a cold tap or being placed in a large bowl of cold water (with the lid on to avoid contaminating the teat).
- Once formula is made it must be used immediately or kept in the refrigerator (clearly labelled with the child's name and date of preparation).
- Wherever possible, formula will be made as required and any unused formula in the fridge will be discarded at the end of the day.
- Any remaining formula should be thrown out if an infant does not finish a bottle.

BOTTLE PREPARATION AND FEEDING

- Educators will thoroughly wash their hands when preparing bottles of formula or breast milk.
- Bottle preparation will be completed in the designated bottle and food preparation area which is kept in a clean and hygienic manner.



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- Care will be taken to store sterilized bottles that are bought into the service appropriately to avoid them coming into contact with bacteria.
- If breast milk or formula is to be stored in the fridge, it will be placed on a shelf rather than stored in the door.
- When heating bottles, educators will:
 - Use a bottle warmer as per manufacturer's instructions to heat the milk (the bottle warmer will be inaccessible to children)
 - Not warm bottles in the microwave as microwave ovens distribute heat unevenly
 - Not reheat any milk as this can allow germs to grow
- Educators will shake the bottle (ensuring the teat is covered with the lid) before feeding the infant and check the temperature of the milk by placing a few drops on the inside of their wrist to ensure it is not too hot (it should feel warm or even a little cool).
- Children will be supervised at all times when feeding from a bottle and will be held in a semi-upright position.
- The teat will be kept covered with the lid when baby is not drinking from bottle.
- Children will not be placed on beds or in cots for feeding as this can be a choking hazard and risk of tooth decay.
- All bottles will be thoroughly rinsed after use and left to air dry before being placed in the child's bag to be sterilised at home.

INTRODUCTION OF SOLID FOODS AND WATER

- In consultation with families, our service will offer:
 - Filtered or cooled pre-boiled water as an additional drink from around 6 months of age
 - Appropriate foods from all food groups (considering type and texture) from around 6 months of age. The texture of foods offered between 6 and 12 months of age will match the baby's developmental stage

PROMOTE HEALTHY FOOD AND DRINKS BASED ON THE AUSTRALIAN GUIDE TO HEALTHY EATING AND THE DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS

WHERE FOOD IS PROVIDED BY THE SERVICE

- A nutritious and balanced menu will be planned and displayed.
- Meals and snacks on the menu will vary to keep children interested and to introduce children to a range of healthy food ideas. Where possible, suggestions from families will be incorporated.
- Children are provided with a wide variety of healthy and nutritious foods for meals and snacks including fruit and vegetables, wholegrain cereal products, dairy products, lean meats, and alternative foods high in protein.
- Healthy snacks form part of the menu and complement what is served at mealtimes, with consideration given to their sustenance and being able to meet the energy and nutrient needs of children.
- Children's cultural or religious dietary practices are respected and where possible, requests by families are accommodated.
- Safe drinking water is always available in the indoor and outdoor environment.
- Meals and snacks are served on a regular schedule but individual needs for quantity and timing are accommodated where possible.
- On limited special occasions when snack foods which are lower in essential nutrients and confectionary could be in use, we endeavour to serve items with reduced food colours, additives and preservatives.

WHERE FOOD IS BOUGHT FROM HOME

- Information is provided to families on the types of foods and drinks recommended for children and that are suitable for children's lunchboxes.
- Children will be encouraged to eat the more nutritious foods provided in their lunchbox, before eating any less nutritious food provided.
- The provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients (e.g. sweet biscuits, some muesli bars and chips), confectionary (e.g. lollies, chocolate, and jelly), deep fried foods (e.g. chicken nuggets) and sugary drinks (e.g. cordial and energy drinks) are strongly discouraged.
- We will ensure any food bought from home is safely stored at the service.



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CHILDREN WITH FOOD ALLERGIES AND/OR DIETARY REQUIREMENTS

- Parents/guardians are required to state at the time of enrolment if their child has any food allergies and/or dietary requirements and will be expected to inform the service, should their child's need ever change.
- A Risk Minimisation plan will be developed for any children with a food allergy as per the Medical Conditions policy.
- All staff are informed of the children at the service who have food allergies and/or dietary requirements. All staff are made aware of where the below is kept for children with allergies:
 - Medical Action plan
 - Medication (e.g. EpiPen)
 - Risk Minimisation and Communication plan
- Each service has a Food Safety Supervisor who has undertaken training for the role and therefore has the required knowledge to ensure that they and any other food handlers in the team can effectively cater for children with food allergies and/or dietary requirements.
- Any child with a food allergy and/or dietary requirement will be managed on a case-by-case basis and the Food Safety Supervisor and food handlers will work together to ensure that the child is served food that is safe for them to eat.
- Food handlers and educators will be aware of the risks of other children eating food that can not be consumed by certain children (due to allergies and/or dietary requirements) and will put practices in place to minimise any risk and ensure the safety of all children.

PROMOTE SAFETY

Food poisoning is caused by bacteria, viruses, or other toxins being present in food and can cause extremely unpleasant symptoms such as diarrhoea, vomiting, stomach cramps, and fevers. Children under five years of age are considered a high-risk group as their immune systems are still developing and they produce less of the stomach acid required to kill harmful bacteria than older children or adults. Our service will strictly adhere to food hygiene standards to prevent the risk of food poisoning.

BUYING AND TRANSPORTING FOOD

Our service will:

- Avoid buying food items in damaged, swollen, leaking or dented packaging.
- Never buy any food item if unsure about its quality.
- Always check eggs within cartons (never buying dirty or cracked eggs).
- Always check labels for the 'use by' and 'best before' dates, understanding that 'use by' dates apply to perishable foods that could potentially cause food poisoning if out of date, whilst 'best before' dates refer to food items with long shelf life but quality could be compromised.
- Record temperatures of foods upon delivery on the Food Delivery Register.
- Ensure fresh meat, chicken, or fish products cannot leak on to other food items.
- Ensure chilled, frozen, and hot food items are kept out of the 'danger zone' (5 °C to 60 °C) on the trip back to the service by:
 - Not getting chilled frozen, or hot food items until the end of the shopping
 - Placing these items in an insulated shopping bag or cooler
 - Immediately unpacking and storing these items upon the return to the service

STORING FOOD

Our service will:

- Ensure the refrigerator and freezer has a thermometer and that the refrigerator is maintained at 5 °C or below and the freezer is maintained at -17 °C or below.
- Ensure fridge and freezer temperatures are checked and recorded daily on the Refrigeration Temperature Control Register.
- Store raw foods below cooked foods in the refrigerator to avoid cross contamination by foods dripping onto other foods.



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- Ensure fresh meat is not stored in the fridge for more than 3 days.
- Ensure that all foods stored in the refrigerator are stored in strong food-safe containers with either a tight-fitting lid, or tightly applied plastic wrap or foil (this includes transfer the contents of opened cans into appropriate containers).
- Ensure that all foods not stored in their original packaging are labelled with:
 - The name of the food
 - The 'use by' date
 - The date the food was opened
 - Details of any allergens present in the food
- Ensure all bottles and jars are refrigerated after opening.
- Place 'left-over' hot food in an appropriate sealed container in the refrigerator as soon as the steam has stopped rising.
- Store dry foods in labelled and sealed, air-tight containers if not in original packaging.
- Ensure any containers storing food are kept on shelves/in cupboards rather than on the floor.
- Use the FIFO (first in, first out) rule for all foods (dry, chilled, and frozen) to ensure rotation of stock so that older stock is used first.
- Store cleaning supplies and chemicals separate to food items.

PREPARING AND SERVING FOOD

Our service will:

- Ensure that all cooked food is cooked through and reaches 75°C.
- Document periodic recordings of food on the Cooking, Cooling & Reheating Register.
- Ensure that cooked food is served promptly, or use a thermometer to ensure that hot food is maintained at above 60°C until ready to serve.
- Ensure that hot food is allowed to appropriately cool before being given to a child.
- Ensure that prepared cold food is stored in the refrigerator maintained at below 5°C until ready to serve.
- Discard any cooked food that has been left in the 'danger zone' for two or more hours.
- Only reheat cooked food once if required to a temperature of 70°C but only ever reheat once. Discard if the food is not eaten after being reheated.
- Keep cooked and ready-to-eat foods separate from raw foods.
- Ensure foods are defrosted in the fridge or microwave.
- Wash fruit and vegetables thoroughly under clean running water before preparation and dry thoroughly dry before returning unused items to storage.
- Ensure food that has been dropped on the floor is immediately discarded.
- Thoroughly clean kitchen utensils and equipment between using with different foods and/or between different tasks.
- Avoid cross-contamination by ensuring that separate knives, utensils and colour-coded cutting boards are used for
- Ensure that gloves are changed between handling different foods or changing tasks.
- Ensure that staff preparing food for children with food allergies or intolerances are proficient at reading ingredient labels.
- Ensure that children with food allergies and/or intolerances are served their meals and snacks individually as required.
- Ensure all educators and staff are aware of children who have severe allergic reactions to certain foods as per ASCIA Action Plans
- Ensure food tongs are used when handling 'ready to eat' foods.
- Ensure left-over food is stored immediately in the fridge or thrown away.
- Where possible, children will be offered a chunk of cheese after each meal to prevent the build-up of acid on their teeth.



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CLEANING

Our service will:

- Ensure that food preparation areas and surfaces are cleaned both before, after, and during any food preparation.
- Ensure that all cooking and serving utensils are clean before use.
- Ensure that all dishwashing sponges, brushes, and scourers are cleaned after each use and allowed to air dry or placed in the dishwasher.
- Ensure tea towels, cleaning cloths and aprons are washed daily.
- Ensure the food storage area is clean, ventilated, dry, pest free, and not in direct sunlight.
- Prevent pest infestations by cleaning spills as quickly as possible and ensuring rubbish and food scraps are disposed of frequently.
- Ensure the food preparation area is kept clean throughout the day and thoroughly cleaned at the end of the day as per the Cleaning and Maintaining the Environment Policy.

PERSONAL HYGIENE FOR FOOD HANDLERS

Our service will ensure:

- Clean clothing is worn by food handlers.
- Long hair is tied back or covered with a net.
- Hand and wrist jewellery are not worn while preparing food (gloves are always to be worn if jewellery can't be removed).
- Nails are kept short and clean and no nail polish is worn as it can chip into food and hide dirt under the nails (gloves are always to be worn if nail polish is worn).
- Strict hand-washing hygiene is adhered to, including washing hands each time they return to the kitchen before continuing with food preparation duties or serving food (including feeding a baby a bottle).
- Wounds or cuts are covered with a brightly coloured, waterproof dressing (that will easily be seen if it falls off), and gloves will be worn over any dressings.
- Staff who are not well will not prepare or handle food.

PROVIDE A POSITIVE EATING ENVIRONMENT WHICH REFLECTS CULTURAL AND FAMILY VALUES

MEALTIMES

Our service will:

- Ensure children wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Babies hands will be wiped with a warm wash cloth before eating meals and snacks.
- Educators will sit with the children at meal and snack times to role-model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Create a relaxed atmosphere where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Encourage older toddlers and pre-schoolers to assist to set and clear the table and serve their own food and drink, providing opportunities for them to develop independence and self-esteem while promoting children's agency and decision-making.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Encourage children to try different foods but do not force them to eat.

PROMOTE LIFELONG LEARNING ABOUT HEALTHY FOOD AND DRINK CHOICES

SERVICE PROGRAM

Our service will:



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- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating, including 'hands-on' food preparation experiences.
- Provide cooking experiences for children to be involved in to help develop children's knowledge and skills regarding healthy eating habits to provide opportunities for children to be exposed to new foods, sharing of recipes and cooking skills.
- Embed the importance of healthy eating in everyday activities and experiences.

ROLES AND RESPONSIBILITIES

THE APPROVED PROVIDER AND NOMINATED SUPERVISORS WILL:

- Ensure there are policies and procedures in place for managing nutrition and food safety and take reasonable steps to ensure those policies and procedures are followed.
- Ensure that obligations under the Education and Care Services National Law and National Regulations are met.
- Ensure all staff (including casual staff) receive information and induction training to fulfil their roles effectively, including being made aware of the Nutrition and Food Safety Policy, their responsibilities in implementing it, and any changes that are made over time.
- Ensure students, visitors and volunteers have knowledge of and adhere to this policy.
- Ensure all service staff have an awareness of safe food handling practices and promote healthy eating.
- Ensure that unwell staff members do not handle food
- Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing and storing food to minimise risks to children being educated and cared for by the service.
- Ensure appropriate meals and snacks are offered to children regularly during the day.
- Ensure enrolment forms include information relating to child's food preferences, allergies, intolerances, cultural or religious considerations or medical conditions which involve food or food practices.
- Consult with families on enrolment to develop individual management plans, including completing Risk Minimisation Plans for children with medical conditions involving food allergies, food intolerances and special dietary requirements as per Medical Conditions Policy.
- Ensure children's individual dietary requirements as per enrolment information or medical condition plans are communicated to all staff and food handlers.
- Ensure any changes to children's individual dietary requirements are recorded on Xplor and communicated to all staff and food handlers.
- Appoint a Food Safety Supervisor to oversee food handlers.
- Ensure the Food Safety Supervisor and all staff and food handlers, participate in basic safe food handling training, including an appropriate Food Safety and Food Hygiene Certificate.
- Keep an up-to-date Food Safety Certificate Register to provide evidence of safe food handling training for all food handlers
- Keep records relating to receiving, storage, processing, displaying and transportation of food. These records must be kept for a period of 3 months.
- Ensure the weekly menu:
 - Is accurate and is displayed in an accessible and prominent area for parents to view
 - Describes the food and beverages provided each day of the week
 - Reviewed on a regular basis, at least every 6 months
- Ensure that, where food and beverages are supplied by the service, they are:
 - Nutritious
 - Adequate in quantity
 - Chosen with regard to the dietary requirements of individual children
- Encourage and provide opportunities for staff to undertake regular professional development to maintain and enhance their knowledge about early childhood nutrition and food safety practices.
- Ensure age and developmentally appropriately utensils and furniture are provided for each child.
- Ensure pets or animals are not present within the kitchen or food preparation areas.



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- Ensure that a notice is displayed prominently in the main entrance of the service stating that a child diagnosed at risk of anaphylaxis is being cared for or educated at the service and provide details of the allergen/s (this notice should not identify the child).
- Ensure parents/guardians are notified as soon as practicable but within 24 hours if their child is involved in a serious incident/situation at the Service. Details of the incident/situation are to be recorded on the Incident, Injury, Trauma and Illness Record.
- Notify the regulatory authority of any serious incident or complaints alleging the safety, health or wellbeing of children has been compromised within 24 hours of the incident or the time that the person becomes aware of the incident or complaint.
- Conduct a review of practices following a serious incident, such as a food poisoning outbreak, including an assessment of areas for improvement.

FOOD HANDLERS WILL:

- Adhere to all food safety requirements when buying, transporting, storing or preparing food.
- Keep records relating to the safe handling of food as required.
- Ensure access to drinking water for all children at all times by refilling younger children's water bottles when necessary and supporting older children to refill their own.
- Ensure the safe handling of breast milk and infant formula including transporting, storing, thawing, warming, preparing, and bottle feeding.
- Ensure infants are given only breast milk, formula, or cooled boiled water (they are not given fruit juice in their bottle due to the increased risk of tooth decay).
- Respect and support to mothers who cannot, or do not wish to breastfeed.
- Be aware of children with food allergies, food intolerances, and special dietary requirements and ensure individual management plans and Risk Minimisation Plans are understood and implemented.
- Provide appropriate foods to be babies, being mindful of their age and stage of development (do not provide food which could be a choking risk).
- Encourage all children to remain seated while eating and drinking and ensure they are supervised at all times.
- Participate in regular professional development to maintain and enhance knowledge about early childhood nutrition and food safety practices.
- Respect the individual needs and choices of children, ensuring they're never force fed or required to eat select food.
- Establish healthy eating habits in the children by incorporating healthy messages into the program and daily routine.
- Create a positive learning environment and provide positive mealtime experiences for children.
- Discuss any concerns with families regarding their child's eating preferences.
- Encourage parents, to the best of our ability, to continue our healthy eating message in their homes.
- For children age 0-2, provide information to their parents regarding what they child as ate and drank on that day. This could be via Xplor or on a written daily sheet.
- Maintain a clean and hygienic environment and follow any required cleaning checklists and complete relevant documentation as per the Cleaning and Maintaining the Environment Policy.
- Before and after mealtime, clean tables thoroughly with spray and wipe.
- Follow strict personal hygiene requirements for food handlers.
- Teach children to turn away from food when and cover their cough or sneeze and then to wash and dry their hands.
- Ensure that if children are serving themselves from the same container, they are supervised, and utensils are used to prevent children from touching food that other children will eat.
- Discourage children from handling other children's food and utensils.
- Role-model and discuss safe food handling with children.
- When children are taking part in cooking activities, ensure the experience remains safe, and relevant food hygiene practices are adhered to.
- Thoroughly wash and dry their hands (using soap, running water, and single use disposable towels or individual hand towels) before handling food.
- Ensure food is not used as as a form of punishment or as a reward or bribe.



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FAMILIES WILL:

- Provide details of any food allergies or intolerances or specific dietary requirements and work in partnership with the service to complete relevant documentation (Risk Management Plan) and develop an appropriate response so that the child's individual dietary needs are met.
- Be provided with information regarding healthy food and drink choices for children. This information may be provided in a variety of ways including factsheets, during orientation, and informal discussions.
- Be encouraged to have input into the centre menu and contribute ideas for snack and meals.
- Be required to pack a water bottle for their child to bring with them each day.
- Ensure that if they provide any food for their child while at the service, it is appropriately packaged and clearly named (however there is no need to provide food).
- Consider the nutritional content of any food or beverages before sending to the service and consider whether it is appropriate and whether it aligns with the organisations values on healthy eating.

If supplying bottles:

- Provide enough sterilised bottles each day to meet their child's requirements and ensure these are clearly labelled with their child's name.
- Bottles or containers containing breast milk must also be labelled with the date of expression and when it was frozen and/or thawed (if applicable).
- If providing formula, ensure this is in its original tin so that the manufacturers directions can be followed, it must also be clearly labelled with the child's name.
- Take the bottles home each day to be thoroughly cleaned and sterilized.
- Communicate regularly with educators about children's bottle and feeding requirements.
- Not put any other liquid including fruit juice in children's bottles as per our Dental Health Policy.

CONTINUOUS IMPROVEMENT/REFLECTION

Our Nutrition and Food Safety Policy will be reviewed annually, or earlier if there are changes to legislation, ACECQA guidance, or any incidents related to the policy. This review will be conducted in consultation with children, families, and staff.

CHILD SAFE STANDARDS

Standard 1	Child safety is embedded in organisational leadership, governance, and culture
Standard 2	Children participate in decisions affecting them and are taken seriously
Standard 3	Families and communities are informed and involved
Standard 4	Equity is upheld and diverse needs are taken into account
Standard 5	People working with children are suitable and supported
Standard 7	Staff are equipped with the knowledge, skills, and awareness to keep children safe through continual education and training
Standard 8	Physical and online environments minimise the opportunity for abuse to occur
Standard 10	Policies and procedures document how the organisation is child safe

NATIONAL QUALITY STANDARD (NQS)

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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.
2.2	Safety	Each child is protected.
2.2.3	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QUALITY AREA 6: COLLABORATIVE PARTNERSHIPS WITH FAMILIES AND COMMUNITIES

6.2	Collaborative partnerships	Collaborative partnerships enhance children's inclusion, learning and wellbeing.
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EDUCATION AND CARE SERVICES NATIONAL REGULATIONS AND NATIONAL LAW

77	Health, hygiene and safe food practices
78	Food and beverages
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
160	Child enrolment records to be kept by approved provider and family day care educator
162	Health information to be kept in enrolment record
168	Education and care services must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

STATUTORY LEGISLATION & CONSIDERATIONS

[Education and Care Services National Law Act 2010 \(Amended 2023\)](#)

[Education and Care Services National Regulations \(Amended 2023\)](#)

[Food Act 2003](#)

[Food Regulations 2015](#)

[Food Standards Australia New Zealand Act 1991](#)

[Sex Discrimination Act 1984](#)

[Work Health and Safety Act 2011](#)

[Work Health and Safety Regulations 2011](#)

SOURCES

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BOURKE AND DISTRICT CHILDREN'S SERVICES

QUALITY AREA 2: CHILDREN'S HEALTH & SAFETY

POLICY NAME: NUTRITION AND FOOD SAFETY

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RELATED POLICIES

- Dental Health Policy
- Enrolment and Orientation Policy
- Excursions and Incursions Policy
- Family Participation and Communication Policy
- First Aid Policy
- Governance and Management of the Service Policy
- Incident, Injury, Trauma and Illness Policy
- Infectious Diseases Policy
- Medical Conditions Policy
- Providing a Child Safe Environment Policy
- Sleep and Rest Policy

RELATED DOCUMENTS

- Cooking, Cooling & Reheating Register
- Food Delivery Register
- Food Safety Certificate Register
- Service Menu
- Refrigeration Temperature Control Register

POLICY REVIEWED	NEXT REVIEW DATE	POLICY REVIEWED BY
OCTOBER 2025	OCTOBER 2026	Charlotte Parnaby
MODIFICATIONS	<ul style="list-style-type: none"> • Children with food allergies and/or dietary requirements section added • Annual policy maintenance • Updated legislation and other links where necessary 	
POLICY REVIEWED	PREVIOUS MODIFICATIONS	POLICY REVIEWED BY
JUNE 2024	<ul style="list-style-type: none"> • New policy format • Child Safe Standards added • Update to the Food Safety Standards to comply with new regulations effective Dec 2023 	Prue Ritchie
JANUARY 2021		Prue Ritchie