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INDIVIDUAL PROCEDURES INCLUDED:	
OTHER DOCUMENTS/ LEGISLATION TO BE REFERENCED:	<ul style="list-style-type: none"> • Health and Wellbeing Policy • Health and Safety Procedures • Food and Nutrition Procedures

Purpose

St Nicholas is committed to the delivery of services consistent with the principles and standards detailed in the resource *Integrity in the Service of the Church* and ensuring that these services support the health and wellbeing of children in our care.

Food and nutrition policies will support the development of the health and wellbeing of children and the establishment of healthy dietary habits.

Policy

St Nicholas will provide food to children in its care that is nutritious, favourably presented and cognisant of cultural and specialist dietary requirements that support the ongoing health and wellbeing of children and the development of healthy dietary habits.

St Nicholas will implement the key messages outlined in Munch & Move and support the National Healthy Eating Guidelines for Early Childhood Settings.

The sourcing, selection and provision of food will also take into account specialist dietary and cultural requirements.

During Vacation Care (St Nicholas OOSH), parents will be asked to provide their child's morning tea, lunch and drinks unless otherwise stated on the program.

St Nicholas is nut free.

Definitions

For the purpose of this policy:

- Nutritious refers to food that provides the appropriate balance of dietary requirements for the ongoing development and health of children.
- Favourably presented means the food is appealing to the children and is able to be digested by the child in its presented state.
- Cultural requirements means any specific foods that are not to be provided or are to be provided in accordance with the cultural requirements specified by families at enrolment.
- Specialist dietary requirements means any specific foods that are not to be provided or are to be provided in accordance with the dietary requirements specified by families at enrolment.
- Healthy dietary habits are those specified by acknowledged health organisations including Heart Foundation, Diabetes Australia and peak Children's Services agencies.
- Other supporting frameworks to ensure the health and nutrition of children will also include:
 - Ensure that St Nicholas 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 adequate health and hygiene practices and safe practices for handling, preparing and storing food are implemented at St Nicholas to minimise risks to children.
 - Ensure children at St Nicholas have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day(or for morning and afternoon sessions in OOSH).
 - Ensure that snacks supplied by St Nicholas are:
 - nutritious and adequate in quantity
 - chosen with regard to the dietary requirements of individual children.
 - Ensure that meals and snacks provided by St Nicholas are planned in a weekly menu that accurately describes the food and beverages to be provided and is displayed in a location that is accessible to parents.

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Scope

The policy relates to all employees and volunteers of St Nicholas and food provided to children in the care of St Nicholas.

Policy Context

This policy should be read in conjunction with the Health and Well Being Policy and Health and Safety Procedures (in the case of special food allergies of children).

Relationships to Standards

Std 2: Children's Health and Safety

Std 6: Collaborative Partnerships with Families and Communities

Responsibilities

The Service Director/Nominated Supervisor is responsible for conducting routine checks to ensure staff compliance with the policy.

The Area Service Manager is responsible for the review and implementation of actions to ensure the health and wellbeing of children.

All employees (paid or unpaid) are responsible for the health and wellbeing of children and reporting of any breaches in the policy.

Legislative/Professional Guidelines

Relevant legislation and standards include but are not limited to:

Education and Care Services National Law Act 2010

Education and Care Services National Regulations (Amended 2018)

Food Act 1990

Australia New Zealand Food Standards Code

Belonging, Being & Becoming – The Early Years Learning Framework for Australia

Dietary Guidelines for Children and Adolescents in Australia

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