

POLICY – NUTRITION AND FOOD SAFETY

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1. National Quality Standards

Quality Area 2: Children’s Health and Safety		
Area	Concept	Descriptor
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. Purpose

- 2.1 Baringa Early Learning Centre (Baringa) is required by legislation to ensure the provision of healthy foods and drinks that meet children’s requirements according to the *Australian Dietary Guidelines*. Baringa is committed to ensuring consistently high standards of food preparation, storage and transportation are adhered to.
- 2.2 Baringa 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.

3. Scope

- 3.1 This policy applies to children, families, carers, staff, management, and visitors of Baringa.

4. Implementation

Dietary Intake

- 4.1 Baringa provides morning and afternoon tea, lunch and afternoon snacks. This includes a wide variety of healthy and nutritious foods. Menus are made available for all families and/or carers to view.
- 4.2 Baringa is not able to accept homemade cakes and biscuits. They must be store bought, include a list of ingredients and a use by date.

- 4.3 On enrolment families and/or carers are asked to provide information about any food or drink allergies, intolerances, special diets and/or preferences. This is kept on record and made available to Educators and Kitchen Staff. Kitchen Staff will cater to children's needs to the best of their abilities.
- 4.4 Water will be available at all times and children will have access to food between meals if required. If children have not eaten their main meal, they may still receive desserts.
- 4.5 Educators will provide safe environments for children to eat and drink.

Food Handling

- 4.6 A food handler is any person who prepares and/or serves meals and drinks. Baringa will:
- (a) Appoint a Food Safety Supervisor to oversee food handlers.
 - (b) Ensure the Food Safety Supervisor and food handlers attend basic safe food handling training.
 - (c) Keep evidence of safe food handling training for all food handlers.
 - (d) Keep records relating to receiving, storage, processing, displaying and transportation of food. These records must be kept for a period of 3 months.
 - (e) Require gloves to be worn or tongs to be used during food handling.
 - (f) Ensure food is stored and served at safe temperatures as specified by Australian Food Safety Standards.
 - (g) Ensure that food preparation and storage adheres to relevant standards specified in Australian Dietary Guidelines and Australian Food Safety Standards.
 - (h) Ensure that food is purchased by kitchen staff or delegates directly from the supermarket, delivered in a refrigerated truck and stored within half an hour of delivery time.
 - (i) Monitor fridge and freezer temperatures daily to ensure they meet Australian Food Safety Standards.

Breastfeeding

- 4.7 Baringa will follow practices outlined by the Australian Breast-Feeding Association Guidelines. This includes ensuring the safe handling and feeding of breast milk and infant formula. Baringa will provide a suitable place within the service where mothers can breastfeed or express breast milk.

Nut Free

- 4.8 Baringa acknowledges that nut allergies can cause severe discomfort and safety risks for children, and that the condition of anaphylaxis is a life-long and potentially fatal condition. This condition can cause a number of reactions within the body, with the most dangerous symptoms being breathing difficulties or a drop in blood pressure. In affected people, just being in the vicinity of people who are consuming nuts can trigger an anaphylactic attack. Baringa will:
- Establish and maintain a nut-free environment as far as is reasonably practical, for the safety of children who are anaphylactic to nuts and for those children who have unknown allergies to these products.
 - Parents and guardians of children are requested and encouraged to not provide food containing nut products within Baringa. We cannot guarantee that no nuts will be brought into the Centre, however we will do our best to ensure all food prepared at Baringa be "Nut Free".
 - Ask parents to provide necessary medication/s for any required use whilst their child(ren) are at Baringa and ensure that they are kept up to date. Baringa will store such medication in safe and accessible locations.

Dental Hygiene

4.9 Baringa will ensure a dental hygienist visits the service every 12 months, that dental hygiene is discussed with the children regularly and included in the programming on a regular basis. The children are given water after their main meal to assist in the process of keeping teeth clean.

5. Feedback

5.1 Families and staff may provide feedback about this document by emailing admin@baringa.org.au.

6. Approval and Review Details

Approval and Review	Details
Approval Authority	Centre Management
Administrator	Centre Director
Next Review Date	December 2026

History	Details
Original Approval Authority and Date	November 2017
Latest Amendment Authority and Date	August 2023. Updates to content to meet national standards.

Appendix

Education and Care Services National Regulations	
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 service 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

Sources

Australian Breast-Feeding Association Guidelines: <https://www.breastfeeding.asn.au/>

Australian Children's Education & Care Quality Authority. (2014).

Australian Children's Education & Care Quality Authority. (2021). *Nutrition, food and beverages, dietary requirements Policy Guidelines*.

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Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines*
<https://www.eatforhealth.gov.au/guidelines>

Education and Care Services National Law Act 2010.

[Education and Care Services National Regulations](#).

Food Act 2003

Food Regulation 2015

Food Safety Standards (Australia only). (2015):

<http://www.foodstandards.gov.au/industry/safetystandards/Pages/default.aspx>

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<https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>

Revised National Quality Standard. (2018).

The Australian Dental Association: <https://www.ada.org.au/Home>

The Department of Health. Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book: https://www.health.gov.au/resources/collections/get-up-grow-resource-collection?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation

Victoria State Government Education and Training Nutrition Australia *Healthy eating in the National Quality Standard A guide for early childhood education and care services*

[Western Australian Education and Care Services National Regulations](#)

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011.