



Nutrition Policy

Fairview Park Primary School OSHC and Vacation care considers nutrition to be a vital component in the healthy development of children. The service uses the Dietary Guidelines for Children and Adolescents, developed by the National Health and Medical Research Council, as a basis for the service's policy and practices regarding nutrition.

Families are encouraged to share family and multicultural values to enrich the variety and enjoyment of food by the children.

Fairview Park OSHC and Vacation Care is a nut free environment.

We are compliant with the food handling practices contained in Australian Food Safety Standards.

Our educators and staff model best practice at all times.

PROCEDURE:

Food and beverages are provided to children as part of the program in accordance to the Dietary Guidelines for Children and Adolescents.

Nutrition information, service policy and the Dietary Guidelines for Children and Adolescents is available for families at the service.

Food and beverages provided are nutritious, varied and of a sufficient quantity to ensure children have an appropriate amount to meet their growth and developmental needs.

Food and beverages supplied take into account the cultural, religious and health requirements of the children and families accessing the service.

OSHC

Food and drink will be provided for breakfast and afternoon tea.

- Breakfast will be served from 7am until 8:15am
 - Breakfast consists of toast and butter and condiments, healthy cereals, and milk
- Afternoon tea is served at 3:45pm. It consists of a shared platter of fruit & vegetables, also a second healthy dish from the planned menu. Fresh drinking water is available at all times for the children via the fountains outside in the OSHC courtyard.



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- All food provided by Fairview Park OSHC will be nutritious and (where possible) free from preservatives or additives.
- The weekly menu is developed using the principles set out in the 'Australian Dietary Guidelines for Children and Adolescents', and also 'Eat Well SA Healthy Eating Guidelines for SA School and Preschools'.
- The menu will be displayed each week for families and children.
- Meal routines are seen as a social time where children and staff can relax, talk about their day and experience a variety of foods. Staff will demonstrate and discuss good health and hygiene habits with the children.
- The daily platter is passed around for the children to share. Tongs are used to reduce the spread of infection.
- Children will be seated whilst eating.
- Children are encouraged to provide feedback about the menu with favourite foods to be considered.
- Children are encouraged to try new foods, but no child will be forced to eat something they do not like or is inconsistent with their religious, cultural or dietary needs.
- Where possible, snacks and drinks will reflect a wide variety of cultures, especially the cultural backgrounds of our families and within the local community.
- All family and multicultural practices and beliefs will be valued and respected in the provision of all foods.
- All children's individual needs, food allergies and intolerances will be strictly adhered to in the menus we develop.
- OSHC will keep a list of all children's allergies, cultural considerations or food restrictions.
- Education of healthy choices will be developed through ongoing promotion, specific activities, newsletters, posters and information sheets being made available to families.
- On occasion, food and beverages supplied at the service may diverge from the guidelines for special purposes and celebrations. Families will be advised of such occasions.
- Children are encouraged to support the preparation of meals and try each food item. Safe and hygienic practices will be followed. All children's cooking experiences will be supervised correctly.



- Staff are encouraged to attend professional development on nutrition and food safety and any other seminars that can support or develop our healthy menus.
- Canned fizzy and high sugar drinks are not considered suitable
- No nut based products will be allowed on site.

PUPIL FREE DAYS

- During pupil free days, families will provide their child's healthy recess & lunch and drink, (unless otherwise stated on the program).

FOOD & HYGIENE

- All food will be prepared and stored according to 'SA Gov Guide To Food Safety Standards'
- These are as follows:
 - All staff undertaking or supervising food handling operations have annual training in food safety and food hygiene matters
 - Food will be stored in tightly sealed containers, away from any chemicals.
 - Kitchen equipment is to be cleaned and stored appropriately
 - Staff and children wash hands before preparing or serving food. Use water and soap and dry hands with disposable paper towels.
 - Surfaces are cleaned with cleaning solution and a paper towel before and after food preparation and left to air dry.
 - All perishable foods will be stored in the refrigerator and the temperature should be monitored to ensure it is less than 5°C,
 - Food handling and hygiene information will be displayed and made available to families
 - Fairview Park OSHC welcomes external audits of our food handling practices. We will document and make any changes to our practice as a result of any recommendations.

REFERENCES:

- Education and Care Services National Regulations 168, 77, 78, 79 & 80
- National Quality Standard 2.2
- Australian Food Safety Standards
- Dietary Guidelines for Children and Adolescents in Australia
- DECD Eat Well Rite Bite Healthy Eating Guidelines for South Australian Schools and Preschools
- A Guide to Developing Policies for Out of School Hours Care DECD 2014