



Wesley Out of School Hours Care policy

Food, Nutrition and Beverage

1 Purpose

Wesley Out of School Hours Care (WOOSH) will support staff in promoting healthy lifestyles, good nutrition and the wellbeing of all the children, educators and families using our service. We also support and provide adequately for children with food allergies, dietary requirements and restrictions and specific cultural and religious practices.

2 Scope

This policy applies to the staff, clients and visitors of WOOSH as required by the following Regulations and Standards.

National Quality Standard

QA2	2.1	Each child's health and physical activity is supported and promoted
-----	-----	---

National Regulations (r) and National Law (s)

r78	Health, hygiene and safe food practices
r78	Food and beverages
r79	Service providing food and beverages
r80	Weekly menu

3 Policy statement

Wesley Out of School Hours Care has a responsibility to help children attending the service to develop healthy eating habits and attitudes. This development approach requires all staff to promote healthy living and nutrition.

4 Principles

It is the Program Coordinators responsibility to ensure all educators:

- Encourage and provide children with regular access to safe drinking water
- Encourage parents/carers to provide their children with food consistent with the Australian Government's Dietary Guidelines for Children and Adolescents in Australia
- Ensure up-to-date nutritional information is displayed at the centre
- Develop and display weekly menus that take into consideration individual needs of the children enrolled at the centre including special dietary requirements
- Make meal times relaxed and pleasant and timed to meet the needs of the children
- Engage children in a range of interesting experiences, conversations and routines during meal times
- Ensure the service regularly reviews and evaluates food handling practices in line with NSW Food Authority Guidelines



- Not allow food to be used as a form of punishment, reward or bribe
- Present themselves as role models in relation to healthy eating
- Families are regularly reminded to update their child's dietary requirements and restrictions with the service.

In relation to promoting healthy living and good nutrition, Educators will:

- Develop health and nutrition awareness with staff and students
- Ensure the majority of food consists of grains, cereals, fruit, vegetables, dairy, meat, poultry and fish. Sweets and treats are available on an occasional basis
- Ensure children's cooking activities encourage the development of life skills
- Ensure children involved in food preparation are always supervised and hygienic food preparations are maintained
- Use local fresh produce where possible
- Ensure all food is prepared and stored appropriately, observing hygiene and temperature requirements
- Incorporate nutritional information into program activities
- Ensure children are seated while eating and drinking
- Encourage parents/carers to continue healthy eating habits at home. This information will be provided to parents/carers as it becomes available
- Encourage children not to share their food, drink or eating utensils

5 Responsibility and policy owner

The owner of this policy is the General Manager, Wesley Health, Conferences and Education. The owner is responsible for implementing the policy and achieving the desired outcomes. Wesley Out of Hours School Care employees shall adhere to this policy.

6 Consultation and approval

This policy has been developed in consultation with the Senior Coordinator, Wesley Out of School Hours Care, Area Coordinator/s, Wesley Out of School Hours Care and Quality, Risk and Compliance Specialist, Wesley Conferences and Recreation

This policy has been approved by General Manager, Wesley Health, Conferences and Education.