

## 1. POLICY CERTIFICATION

|                 |   |
|-----------------|---|
| Policy title:   | <b>Crèche – Food and Nutrition Policy</b> |
| Policy number:  | <b>FACS009</b>                            |
| Category:       | <b>Policy</b>                             |
| Classification: | <b>FACS</b>                               |
| Status:         | <b>Approved (26/06/2013 OCM)</b>          |

## 2. PURPOSE

The Roper Gulf Regional Crèche has a duty to ensure the health and wellbeing of all children enrolled at the crèche. This policy ensures all children while in care are provided with healthy and nutritional food and drink.

## 3. POLICY STATEMENT

Roper Gulf Regional Council ensures that while at the Crèche all children are provided with healthy food and drinks in accordance with Australian Dietary Guidelines for Children and Adolescents (NH&MRC 2003). In addition the Crèche provides information to parents/guardian about healthy food options.

## 4. ORGANISATIONAL SCOPE

This policy applies to Crèches run under Roper Gulf Regional Council.

## 5. DEFINITIONS

|        |   |
|--------|---|
| Crèche | is a day care centre where child care educator will take care of children in place of their parents |
| RGRC   | Roper Gulf Regional Council   |

## 6. PRINCIPLES

The Crèche provides a variety of nutritious foods for snack times, including:

- Breads and fresh fruit
- Readily available water throughout the day
- Water or long-life milk

The Childcare Educators will ensure all snack times are calm and pleasant focusing on the social interactions between children and between children and staff. Children will be encouraged to talk about healthy food choices.

Water will be offered to children throughout the day and it will be readily accessible to them. Hygiene practices in the preparation and serving of followed will be as outlined in the FACS0013 – Crèche - Work Health and Safety Policy.

## **7. PROVISION OF A HEALTHY EATING**

The Crèche values cultural diversity and celebrates cultural events and encourages families to share these events with us at the Crèche.

## **8. SPECIAL DIETS/SPECIAL DIETARY NEEDS**

Requests from parents regarding their children's dietary requirements will be respected, and are to be noted on the 340-012 Crèche Enrolment Form. Childcare Educators will be informed of the special dietary requirements and the actions which they will need to take.

## **9. NUTS AND NUT-DERIVED PRODUCTS**

Nuts and nut-derived products are potentially fatal to some children and are not to be brought into the Crèche.

Childcare Educators will use appropriate food handling practices in when storing, serving, and preparing food

## **10. GUIDELINES FOR INFANTS**

Parents are expected to provide instructions about how much milk/food may be required and when it is to be provided. Staff will be guided by this information, as well as infant's cues, and provide food at the time indicated whenever practicable. In the event that appropriate food or milk is not available, parents will be contacted and their advice sought. Parents are also required to provide information about foods that children have tried, as infants will not try a food for the first time at the Crèche.

### **10.1 Formula**

Formula mixtures are to be prepared by parents, however, when it is necessary for staff to prepare Infant formula, it will be prepared as per the manufacturer's instructions. Left over formula will be discarded, not re-heated or re-used. Specialty formulas will be given to infants only under the instruction of a health care professional.

### **10.2 Water**

Tap water that is given to an infant under the age of 12 months will be boiled.

### **10.3 Introducing Solids**

Ideally, solid foods will be fed to infants who are over the age of 6 months however it may commence earlier after consultation between staff and parents.

Infants will only be fed foods they have been introduced to previously at home.

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**10.4 Warming Bottles**

Bottles will only be heated using a bottle warmer and after heating a bottle it is shaken to disperse the heat evenly, then the temperature checked by pouring onto wrist.

**11. REFERENCES**

|   |  |
|---|--|
| Acknowledgements (original author/source documents) | <ul style="list-style-type: none"> <li>▪ <b>Nutrition Australia 2009 Get Up and Grow:</b><br/><a href="http://nutritionaustralia.org">http://nutritionaustralia.org</a></li> </ul> |
| Related Policies                                    | <ul style="list-style-type: none"> <li>▪ <i>FACS014 – Crèche – Work Health and Safety Policy</i></li> </ul>  |
| Related Publications                                | <ul style="list-style-type: none"> <li>▪ <i>Australian Dietary Guidelines for Children and Adolescents (NH&amp;MRC 2003)</i></li> </ul>  |
| Relevant Forms                                      |  |

**12. DOCUMENT CONTROL**

|                   |                                      |
|-------------------|--------------------------------------|
| Policy number     | <b>FACS009</b>                       |
| Policy Owner      | <b>Family and Community Services</b> |
| Endorsed by       | <b>OCM</b>                           |
| Date approved     | <b>26/6/2013</b>                     |
| Revisions         |                                      |
| Amendments        |                                      |
| Next revision due | <b>October 2015</b>                  |

**13. CONTACT PERSON**

Contact person **Manager Governance, Corporate Planning & Compliance**

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