



Nutrition Policy

1. Background

At our service, St Francis School OSHC, we believe that high quality nutritional food is essential for the proper growth and development of children. Providing a balanced and nutritional diet assists children in developing healthy eating strategies that can help set the foundations for good future health and eating habits.

St. Francis School OSHC provides an excellent opportunity to foster positive attitudes and habits around healthy eating, wellbeing, food handling and hygiene. During meal and snack times, children are encouraged to enjoy nutritious foods in a supportive and social atmosphere.

Our service adheres to Australian Food Safety Standards and ensures that all educators receive undertake training in food handling and hygiene.

St Francis School OSHC undergoes a yearly 'Food Premises Food Safety Assessment' conducted by the local council, the City of West Torrens.

2. Policy

St Francis School OSHC aims to promote healthy lifestyles, good nutrition and the wellbeing of the children, educators and families through use of procedures and policies. We also aim to support and provide for children with food allergies, dietary requirements and specific cultural or religious practices.

3. Relationship

NQS Area: 1.1.2, 1.1.3, 1.1.5, 1.1.6; 2.2; 2.1.1, 2.1.3, 2.1.4; 2.2.1; 2.3.1, 2.3.2; 4.2.1; 6.1; 6.2.1; 6.3.2; 7.1.2, 7.1.4; 7.2.1, 7.2.3; 7.3.1, 7.3.2, 7.3.5.

National Regulations:

77	Health, Hygiene and safe food practices
79	Service providing food and beverages
80	Weekly menu
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures

My Time, Our Place

LO 3	Children take increasing responsibility for their own health and physical wellbeing.
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4. Procedures

The service has a responsibility to help children attending the service to develop good food habits and attitudes. By working with families and all educators, we will also positively influence each child's health and good nutrition at home. As stated in the National Regulations (Regulation 79 [4]), we recognise that these requirements do not apply to food or a beverage provided by a parent of family member for consumption by their child at the service.

4.1 General

4.1.1 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, and the cultural, religious and health requirements based on written advice from families that is typically set out in a child's Enrolment Form. Families are encouraged to update the information regularly or as necessary.

4.1.2 Children have access to and are encouraged to access safe drinking water at all times.

4.1.3 Appropriate food and nutrition is discussed with the children to develop health and nutrition awareness.

4.1.4 Meal times are scheduled, to create a relaxed atmosphere and to meet the needs of the children.

4.1.5 Children are encouraged to try new foods, but each child is catered for their specific needs and requirements.

4.1.6 Children are encouraged to wash hands before eating and observe the requirements of hygiene and safe food handling.

4.1.7 Educators discuss healthy eating and nutrition as part of the program. The service's menu is based on various documents that promote healthy eating, such:

(food safety guidelines and environmental practices www.education.sa.gov.au/rightbite, Wellbeing SA's Healthy Food Environments Hub www.wellbeing.sa.gov.au/foodenvironments)

4.1.8 The service displays a weekly menu.

4.1.9 Food and beverages are prepared and stored hygienically in accordance with the Australian Food Safety Standards.

4.2 Service procedures

4.2.1 The weekly menu is displayed in an accessible and prominent area for children and parents to view. The weekly menu accurately describes the food provided each day of the week. Seasonal fruit and a light snack. (Children who attend after school sports or other on campus commitments, will be provided with an alternative light snack).

4.2.2 Breakfast is generally served between 7:15 am and 8:20 am.

4.2.2.1 Toast (generally whole meal bread) is provided in the morning session with a choice of butter or vegemite; or milk and choice of breakfast cereal. Dietary alternatives are available.

4.2.3 After School Meal is generally served between from 3:30pm.

4.2.3.1 After School snack and a platter of seasonal fruit (such as: watermelon, rock melon, strawberry, apples and pears) and vegetables (cucumber, carrots, and celery) are provided daily.

4.2.4 Children with special dietary requirements are catered for as required.

4.2.5 Children are encouraged to participate in meal preparation where possible and clean up activities as part of the service's life skills focus.

5. Director / Responsible Person Responsibilities

5.1 Displaying nutritional information for families.

5.2 Ensuring that the service has an adequate supply of nutritious food and beverages.

5.3 Ensuring that a weekly menu is planned and displayed.

5.4 Ensuring the weekly menu, foods and beverages available at the service complies with the Dietary Guidelines for Children and Adolescents.

- 5.5 Ensuring families have access to the latest information regarding healthy eating and nutrition within our service.
- 5.6 Provide nutrition and food safety training opportunities for staff, including an awareness of other cultures foods. (I.e. DoFoodSafely training)
- 5.7 Ensure that at least one person at the service is a Food Safety Supervisor.
- 5.8

6. Educator's responsibilities

- 6.1 Ensuring that drinking water is always available.
- 6.2 Ensuring that adequate quantities of food and beverages are available at mealtimes (breakfast and light afternoon snack).
- 6.3 Actively taking opportunities to discuss healthy eating with children.
- 6.4 Encouraging children to participate in meal and snack preparation where possible and the associated clean-up activities.
- 6.5 Modelling practice that reflects the service policy.
- 6.6 Ensuring that all children have access to food and beverages during our mealtimes.
Encouraging families to pack additional snack for their children, in particular during the Vacation Care period.
- 6.7 Ensuring appropriate hygiene practices are maintained.
- 6.8 Modelling healthy eating practices.
- 6.9 Present themselves as role models. This means maintaining good personal nutrition and eating habits.
- 6.9.1 Complete any relevant training.

7. Families and children responsibilities

- 7.1 Being familiar with the service policy and procedures.
- 7.2 Complying with any specific requests made by the Director and educators.
- 7.3 Offering feedback and comments to assist the team to meet the needs of individual families.
- 7.4 Personal hygiene and food safety. (I.e. handwashing)
- 7.5 Families are required to ensure that their children have a drink bottle packed at all times, along with first lunch and second lunch where applicable. During Vacation Care or Pupil Free Days, lunch and/or additional snacks/meals may be included as part of our planned program.

Document Control:

REVIEWED AND UPDATED:			
POLICY REVIEW DATE	AUTHOR	COMMENTS	NEXT REVIEW DATE
July 2024	St Francis School OSHC	Written in consultation with Phil Schultz (School Principal and service Nominated Supervisor) and Alexandra Curtis (OSHC Director). Document Version 2	July 2026

Approval Date: July 2024

Signed: 

Position: School Principal / Nominated Supervisor

Review Date July 2026

Thank you, St Francis School OSHC