

Nutrition, Food & Beverage and Dietary Requirements Policy

Philosophy Statement

Epic Holiday Camps are committed to creating a fun and safe environment for school-aged children to enjoy meaningful **real-world experiences** to remember forever. With a focus on **learning through play**, we offer exciting **age-matched activities** to support children in gaining confidence, developing their identity and enhancing their **health and wellbeing**. Organisational culture is important to us and we strive to build teams of motivated, fun and **engaging teachers** who children and families can **respect and trust**. Effective communication with children and their families underpins everything we do, ensuring we foster respectful relationships and **continually improve** our program delivery.

Policy Rationale

Young children need adequate nutrition for good health and growth. Research indicates that school-aged children's nutritional practices are not ideal. A disturbing number of children are overweight, and many miss breakfast and snack regularly on high-fat, high sugar foods.

Policy Objectives

The role of EPIC Holiday Camp is to:

- Promote healthy foods and eating habits that ensure healthy growth and development in children
- Provide a pleasant and attractive place for meal and snack times that are inclusive, culturally appropriate and sensitive occasions
- Ensure that meal and snack times are an opportunity for social learning and positive interaction, with staff sitting with children to act as role models
- Consult and work collaboratively with families, recognising cultural practices and lifestyle choices
- Provide guidelines for a flexible approach to serving and consuming food for children attending the service
- Provide opportunities for children to try new foods, including different colours, flavours, aromas and textures through cooking experiences
- Communicate effectively with families about their child's food and nutrition requirements
- Provide children with opportunities to learn about food, nutrition and healthy lifestyles
- Provide a safe, supportive and social environment in which children can enjoy eating

Procedures

The team has the responsibility to ensure that:

- Children have access to water at all times.
- A suitable break is arranged to allow snacks and meals to be eaten.
- A written menu will be on display at all times and will accurately reflect what foods are offered to children, by the service, on a daily basis (R 80). (e.g. Morning and Afternoon tea)

- All meal breaks are monitored by staff to ensure all children eat and drink.
- If a child has not brought their lunch with them to the service, educators will purchase the child's lunch from local food services. The program also maintains a selection of fruit and biscuits at the service at all times, for children who may be hungry outside of planned mealtimes.
- The food provided by the service, will meet the dietary requirements of individual children, taking into account each child's growth and development needs and any specific cultural, religious or health requirements.
- Children are to be seated while eating and drinking. Staff will model this behaviour by sitting with the children and discussing the food the children are eating, along with events of the day.
- They are aware of the individual dietary needs of the group. They are also aware of the foods, which cause the child's allergic reaction, allergy free food and the medical procedure and plan for dealing with an allergic reaction.
- They encourage, discuss and model balanced, nutritious and healthy eating practices and choices with the children.
- EPIC Holiday Camps maintains a clean and hygienic area for cooking activities which meets local council requirements for OSHC services.
- Children are educated in necessary safety precautions whilst cooking.
- Children are supervised whilst cooking.
- All staff and children involved in food preparation wash and dry their hands prior to a cooking activity.
- All staff and children wash and dry their hands prior to eating.
- Children do not to eat food or use utensils which have been dropped on the floor.
- Children do not to use drinking or eating utensils which have been used by another child.

References:

ACECQA National Quality Framework Resource Kit (2012)

Quality Area 1 – Educational Program and Practice.

Quality Area 2 – Children's health and safety. Education and Care Services National Regulations (2011). R 77, 78, 79 & 80

Heart Foundation, 2002, Eat Smart, Play Smart, A Manual for Out of School Hours Care, Australia

Australian Guide to Healthy Eating Nutrition

Australia - Healthy Together Victoria – www.nutritionaustralia.org.au