

# Nutrition Policy



<b>Policy Relevant to:</b>	All Team members, Educators & families
<b>Last Reviewed:</b>	July 2023
<b>Next Review:</b>	June 2025
<b>NQF:</b>	77,78,79, 80, 90, 91, 160, 162, 168, 170, 171, 172
<b>NQS:</b>	2.1, 2.1.2, 2.1.3

As per *Education and Care Services National Law and Regulations*, Adventure Patch has a nutritional and food safety policy and procedures in place to ensure quality practices relating to nutrition, food and beverages and dietary requirements are followed at all times.

Adventure Patch recognises the importance of safe food handling and healthy eating to promote the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. We acknowledge that the early childhood setting has an important role in supporting families in healthy eating. Adventure Patch therefore recognises the importance of supporting families to provide healthy food and drink to their children.

We are committed to implementing the healthy eating key messages outlined in the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. We support and promote the TAS Move Well Eat Well and utilise the Australian Government's *Get Up & Grow-Healthy Eating and Physical Activity for Early Childhood* and *Eat for Health* resources.

Adventure Patch will serve food that is age appropriate and make decisions in this regard in line with Tasmanian legislation.

## Purpose

Early Childhood Education and Care (ECEC) Services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that Adventure Patch partners with families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with chronic adult conditions such as obesity, type 2 diabetes and cardiovascular disease.

Adventure Patch recognises the importance of healthy eating for the growth, development, and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

We believe in providing a positive eating environment that reflects dietary requirements, cultural and family values, and promotes lifelong learning for children, as we commit to implementing and embedding the healthy eating key messages outlined in the TAS Move Well Eat Well program into our curriculum and to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources.

Adventure Patch is also committed to ensuring consistently high standards of food preparation and food storage and transportation are adhered to.

## Implementation

Adventure Patch has a responsibility and the opportunity to educate children about food and nutrition. All food provided will be nutritious and varied. We recognise the importance of healthy eating for the growth, development and wellbeing of young children and we are committed to promoting and supporting healthy food and drink choices for children in our care.

All food prepared by Adventure Patch services or families will endeavour to be consistent with the Australian Dietary Guidelines and provide children with 50% of the recommended dietary intake for all nutrients. Food will be served at various times throughout the day to cater for all children's nutritional needs.

Mealtimes reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. This assists in creating a positive and enjoyable eating environment. We will encourage children to participate in a variety of "hands-on" food preparation experiences.

Food will be prepared in accordance with the Food Safety Program. All kitchens and food preparation areas will comply with Food Standards Australia and New Zealand (FSANZ) and any relevant local jurisdictional requirements (i.e., local council registrations and inspections). All educators and team members involved in the stages of food handling have the skills and knowledge to ensure food safety is a priority.

Parents will be consulted and encouraged to share family and cultural experiences with all children. Adventure Patch will provide an eating environment that reinforces family and cultural beliefs. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

## Related Policies

Administration of First Aid Policy  
Bottle Safety and Preparation Policy  
Breastfeeding Policy  
Child Safe Environment Policy  
Infectious Diseases Policy  
Enrolment Policy  
Excursions / Incursions Policy  
Health and Safety Policy  
Incident, Injury, Trauma and Illness Policy  
Medical Conditions Policy

## Resources

<https://www.cecqa.gov.au/sites/default/files/2021-08/NutritionFoodBeveragesDietaryRequireGuidelines.pdf>

<https://www.health.tas.gov.au/publications/food-safety-manual-tasmanian-education-and-care-services>

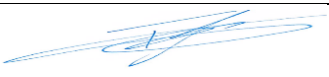
**Sources**

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 Australian Government Department of Education [Belonging, Being and Becoming: The Early Years Learning Framework for Australia.V2.0, 2022](#)  
 Australian Government Department of Health *Eat for Health The Australian Dietary Guidelines*  
<https://www.eatforhealth.gov.au/guidelines>  
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*Food Act 2003*  
*Food Regulation 2015*  
 Food Safety Standards (Australia only). (2015):  
<http://www.foodstandards.gov.au/industry/safetystandards/Pages/default.aspx>  
*Food Standards Australia and New Zealand Act 1991*  
 Food Standards Australia New Zealand. (2016). Safe Food Australia – A guide to the food safety standard (3<sup>rd</sup> Ed.):  
<http://www.foodstandards.gov.au/publications/Pages/safefoodaustralia3rd16.aspx>  
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 National Health and Medical Research Council. Eat for health: <https://www.eatforhealth.gov.au/>  
 Revised National Quality Standard. (2018).  
 The Australian Dental Association: <https://www.ada.org.au/Home>

**Review History**

Policy Reviewed By:	Lindy Davis	LDC Manager	July 2023
POLICY REVIEWED	July 2023	NEXT REVIEW DATE	June 2025
Modifications	<ul style="list-style-type: none"> <li>policy maintenance - no major changes to policy</li> <li>hyperlinks checked and repaired as required</li> </ul>		
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE	
	<ul style="list-style-type: none"> <li></li> </ul>		

**Signed**

<b>CEO:</b>	
<b>Manager:</b>	