

# NUTRITION, FOOD, BEVERAGES, AND DIETARY REQUIREMENTS POLICY



Under the Education and Care Services National Regulations, an Approved Provider must ensure that policies and procedures are in place for nutrition, food and beverages, and dietary requirements (regulation 168) and take reasonable steps to ensure those policies and procedures are followed (regulation 170).

Our Service 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. Our Service therefore recognises the importance of supporting families to provide healthy food and drink to their children. It is essential that our service partners with families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and well-being.

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 NSW Health initiative *Munch & Move* and utilise the Australian Government's *Get Up & Grow-Healthy Eating and Physical Activity for Early Childhood* and *Eat for Health* resources. Our service recognises their important role in encouraging, supporting, and educating families in healthy eating.

## **PURPOSE**

It is essential that our Service 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.

Our Service 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 encouraging families to provide healthy food and drinks while children are attending our service and the promotion and education of healthy

choices for optimum nutrition. We aim to promote lifelong learning for children, early childhood educators about healthy food and drink choices including trying new healthy foods.

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 NSW Health’s *Munch & Move* program into our curriculum and to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources. To further commit our staff will engage in Munch and move training.

Although our Service does not provide meals to children it does engage in cooking experiences, in doing so we are committed to ensuring consistently high standards of food preparation when this occurs, and food storage and transportation are adhered to.

## SCOPE

This policy applies to children, families, staff, educators, visitors, and management of the Service.

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyles	Healthy eating and physical activity are promoted and appropriate for each child

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, hygiene and safe food practices
78	Food and beverages
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
160	Child enrolment records to be kept by approved provider and family day care educator
162	Health information to be kept in enrolment record

168	Education and care service must have policies and procedures
170	Policies and Procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

## RELATED POLICIES

Administration of First Aid Policy Educational program and practice policy Providing a Child Safe Environment Policy Infectious Diseases Policy Enrolment & Orientation Policy Excursions / Incursions Policy	Family Communication Policy Governance Policy Incident, Injury, Trauma, and Illness Policy Medical Conditions Policy
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## IMPLEMENTATION

Our Service has a responsibility to help children to develop good food practices and approaches, by working with families and educators.

Mealtimes will reflect a relaxed and pleasant environment where educators engage in meaningful conversations with children. This assists in creating a positive and enjoyable eating environment.

All staff involved in the stages of food handling have the skills and knowledge to ensure food safety is a priority.

At our Centre families/guardians are required to supply all the children's meals when they attend.

This includes morning tea, lunch and if this is a 7.5-hour session afternoon tea. Each playroom has a fridge for the children to store their snacks and lunch boxes in.

**As food is brought from home our Centre will.**

- provide information to families on the types of foods and drinks recommended for children and that are suitable for children's lunchboxes.
- provide information to families on how to read the *Nutritional Information Panel* on food and drink labels.
- encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese, and yoghurt, before eating any less nutritious food provided.
- discourage the provision of highly processed snack foods high in fat, salt, and/or sugar, and low in essential nutrients in children's lunchboxes. Examples of these foods include sweet biscuits, some muesli bars, breakfast bars and fruit filled bars, and chips. Where a parent/carer frequently

provides less nutritious food items for their child, a confidential, friendly conversation with that person may be appropriate to encourage the provision of healthier food options for their child whilst at preschool. This conversation about the appropriateness of food items will occur with the parent/carer and not with the child.

- food items that should not be brought to the service include confectionary (lollies, sweets, chocolate, jelly), deep fried foods (chicken nuggets, fish fingers) and sugary drinks (cordial, energy drinks).
- children will be required to bring a water bottle filled with water each session to preschool. They will have free access to their own water bottle throughout the day (during both indoors and outdoors times) and encouraged to drink the water at regular intervals. When a child attends the preschool without a water bottle, a cup will be supplied with the child's name on this written-on masking tape on it for the children to readily access water.

#### **APPROVED PROVIDER/ MANAGEMENT/ NOMINATED SUPERVISOR WILL:**

ensure that obligations under the Education and Care Services National Law and National Regulations are met

- ensure adequate health and hygiene practices are followed, as well as safe premises, equipment, and practices for handling, preparing, and storing food, in line with Australian food safety standards and any jurisdictional requirements
- ensure children always have access to safe drinking water and are offered food and beverages appropriate to each child's needs on a regular basis throughout the day
- ensure that child enrolment records include any special considerations for the child, such as cultural or religious dietary restrictions, as well as any health-related dietary restrictions
- ensure risk minimisation plans are developed for children with medical conditions that can be impacted by food and that families are aware these need to be filled in and signed off by the Centre before the child can attend
- ensure that healthy eating is promoted
- take reasonable steps to ensure that Nominated Supervisors, educators, staff, and volunteers follow the Nutrition, food and beverages, dietary requirements policy and procedures
- ensure that copies of the policy and procedures are readily accessible to Nominated Supervisors, educators, staff, volunteers, and families, and available for inspection
- notify families at least 14 days before changing the policy or procedures

#### **NOMINATED SUPERVISOR WILL;**

- ensure that regulatory obligations are met in relation to nutrition, food and beverages, and dietary requirements.
- implement procedures for nutrition, food and beverages, and dietary requirements.
- ensure adequate health and hygiene practices are followed, as well as safe practices for handling, preparing, and storing food, in line with Australian food safety standards and any jurisdictional requirements.
- ensure children always have access to safe drinking water and are offered food and beverages appropriate to each child's needs on a regular basis throughout the day.
- ensure that child enrolment records include any special considerations for the child, such as cultural or religious dietary restrictions, as well as any health-related dietary restrictions.
- for children with medical conditions that can be impacted by food, work with families to develop risk minimisation plans and ensure educators and staff implement these plans and that families know these must be completed with any required medications and Action plans for the child to attend.
- ensure that a system for ongoing communication is developed and maintained between families, educators, and staff, so that all are aware of children's nutrition and any special dietary requirements.
- develop curriculum planning that promotes healthy eating and knowledge of nutrition by children and families and involves children in decision-making about healthy food and beverage choices.
- Ensure that any persons (Staff, families, and children) do not bring foods containing nuts as a listed ingredient into the Centre. Nuts are not permitted at preschool at any time. This includes but is not limited to products such as peanut, muesli bars that contain nuts and food items containing nut oils. If a food item in a child's lunch box/ staff members, family member is identified as containing nuts or nut products that food item will be immediately removed.
- Display in the foyer a sign informing families of Anaphylaxis within the Centre as per regulations if there are children/adults with this.

#### **EDUCATORS AND STAFF WHO HANDLE FOOD WILL:**

- implement the Nutrition, food and beverages, dietary requirements policy and procedures.
- handle, prepare and store food using safe practices, in line with Australian food safety standards and any jurisdictional requirements.
- ensure safeguards are in place to prevent children being provided the wrong food.
- ensure children always have access to safe drinking water.

- be familiar with the individual needs and action plans for the children in your care with specific dietary requirements, and ensure those requirements are taken into consideration, including on excursions.
- maintain ongoing communication with families and other members of staff (including the Nominated Supervisor) about any changes to children's dietary requirements.
- implement and reflect on program planning to:
  - promote healthy eating and knowledge of nutrition by children, e.g., eating with the children, conversations during mealtimes around food
  - promote healthy eating among families
- involve children in decision-making about healthy food and beverage choices, e.g., having them assist with food preparation when harvesting fruit and vegetables or in cooking experiences.
- ensure children are encouraged to drink water from their water bottles at regular intervals throughout the day.
- monitor the children's food and water intake throughout the day.
- discuss with families in the pre-attendance interview what foods they need to pack for their child for each session. This is also referred to in the Family Information handbook.
- be aware of children with food allergies, food intolerances, and special dietary requirements and consult with families and management to ensure individual plans are developed and implemented, including completing Risk Minimisation Plans for children with medical conditions involving food as per *Medical Conditions Policy*
- ensure all children remain seated while eating.
- ensure all children are always supervised children whilst eating and drinking.
- participate in regular professional development to maintain and enhance knowledge about early childhood nutrition and food safety practices.
- participate in safe food handling training on a regular basis, every 2 years, including the completion of an appropriate Food Safety and Food Hygiene Certificate
- consider the needs of various age groups at the service- when it is snack, lunch, and afternoon teatime.
- create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- inform families if they feel children do not have enough food packed to eat.
- not allow food to be used as a form of punishment or to be used as a reward or bribe.

- establish healthy eating habits in the children by incorporating nutritional information into our curriculum program and by growing fruit, herbs and vegetables in the preschool environment and exploring the lifecycle of vegetables and the sustainability benefits of growing your own foods.
- encourage children to try different foods via cooking experiences and the growing of fruit/vegetables and herbs at the Centre.
- talk to families about their child's food intake and discuss any concerns about their child's eating.
- encourage parents to the best of our ability to continue our healthy eating message in their homes
- ensure pets or animals are not present within the kitchen or food preparation areas.
- ensure that when families would like the child to celebrate a child's birthday then purchased individually cupcakes (with a use by date and in correct packaging are used) are what is accepted by our service due to the hygiene in commercial kitchens such as Woolworths or Coles.
- discuss room agreements with the children and include in this, the discouragement of handling peers water bottles, lunch boxes and snack containers.
- foster awareness and understanding of healthy food and drink choices through daily discussions, displays and intentionally planned or spontaneous related learning experiences. Discuss with children 'sometimes' food in curriculum and appropriate education around this.
- ensure that any foods containing nuts as a listed ingredient are not packed by families. Nuts are not permitted at preschool at any time. This includes but is not limited to products such as peanut, muesli bars that contain nuts and food items containing nut oils. If a food item in a child's lunch box is identified as containing nuts or nut products that food item will be immediately removed. A suitable alternative food item will be provided for the child in accordance with the child's dietary requirements (sandwich, cheese and biscuits, crackers or fruit). This will be explained in the Centres information handbook and at the pre-attendance interview.

#### **FAMILIES WILL.**

- ensure the service is advised of their child's dietary requirements – relating to their child's growth and development needs, as well as any specific cultural, religious or health requirements – at the time of enrolment, and that this information is kept up-to-date.
- ensure that their child/ren comes to the Centre with packed snacks and lunch as outlined in the Centres Family Information Handbook
- should their children have a medical condition that can be impacted by food, such as Anaphylaxis or Allergy they will work with the service to develop Risk Minimisation Plans and ASCIA Action Plan as per the Medical Conditions Policy and National Education and Care Regulations that needs

to be completed along with medications such as an EpiPen or AnaPen, or other medication) signed in and completed for the child to actually attend.

- if providing food and beverages from home, ensure these are nutritious and plentiful and that they are in line with service requirements (e.g., that they do not contain allergens that could harm other children at the service) when this is the case the families will be informed of the Allergens to not pack. Parents/Guardians will be asked to take care when packing food items for their preschooler to ensure there is not cross-contamination of allergens that can be very harmful to a child.
- Ensure that any foods containing nuts as a listed ingredient are not packed by families. Nuts are not permitted at preschool at any time. This includes but is not limited to products such as peanut, muesli bars that contain nuts and food items containing nut oils. If a food item in a child's lunch box is identified as containing nuts or nut products that food item will be immediately removed. A suitable alternative food item will be provided for the child in accordance with the child's dietary requirements (sandwich or fruit).

### **Other notes**

The statement, 'may contain traces of nuts' is used by some manufacturers to indicate that products may be contaminated with peanuts or other nuts during processing and packaging. At present, there is no legislation or clear guidelines that require food companies to use this statement in specific contexts – the statement is voluntary (Food Standards Australia, 2019). As such, products labelled with this statement, that do not list nuts as an ingredient, are permitted at the preschool. Legislation regarding food labelling will be reviewed on an annual basis and this policy adapted as necessary.

### **Birthdays**

We recognise that birthdays are a special time for many children, however this can vary according to a child's culture/beliefs.

- where possible, parents/carers will be rostered on for helper duty on or as close to their child's birthday as possible.
- parents/carers may supply celebration cupcakes on or close to a child's birthday but are made aware that there is no obligation to do so. The cupcakes due to hygiene and allergens need to be made in a registered kitchen such as Coles or Woolworths. These need to be individual cupcakes so that the child celebrating their birthday can blow the candles out on the individual cupcake hence there is no risk of cross contamination to peers.



- educators will discuss with parents/carers possible alternatives for children that may have allergies to foods present in cupcakes. A suggestion may be for this parent/carer to provide the preschool with a supply of suitable premade cupcakes for their child that can be frozen and used as required.

\*The Centre discourages providing balloons, lollies etc other than the celebrations cupcakes. These are considered enough as each group has special tools to celebrate such as the birthday hat or cape or a birthday sticker.

## **FOOD HYGIENE**

Food poisoning is caused by bacteria, viruses, or other toxins being present in food and can cause extremely unpleasant symptoms such as diarrhoea, vomiting, stomach cramps, and fevers. Children under five years of age are considered a high-risk group as their immune systems are still developing and they produce less of the stomach acid required to kill harmful bacteria than older children or adults (Foodsafety.gov. 2019).

At times the preschool groups may engage in cooking experiences, when this occurs, our service will strictly adhere to food hygiene standards to prevent the risk of food poisoning.

### **When buying and transporting food to the Centre for cooking experiences.**

Our Service will:

- always check labels for the 'use by' and 'best before' dates, understanding that 'use by' dates apply to perishable foods that could potentially cause food poisoning if out of date, whilst 'best before' dates refer to food items with long shelf life, but quality could be compromised.
- avoid buying food items in damaged, swollen, leaking or dented packaging.
- always check eggs within cartons: Never buy dirty or cracked eggs.
- never buy any food item if unsure about its quality
- if using fresh meat, chicken, or fish products cannot leak on to other food items.
- ensure chilled, frozen, and hot food items are kept out of the 'danger zone' (5 °C to 60 °C) on the trip back to the Service by:
  - not getting chilled frozen, or hot food items until the end of the shopping.
  - placing these items in an insulated shopping bag or cooler
  - immediately unpacking and storing these items upon the return to the Service

### **Online shopping**

- ensure food items are delivered in packaging that keeps food out of 'danger zones' as described above and within delivery window as provided by the company.
- ensure products selected are high quality.
- ensure products are unpacked promptly upon receiving goods.
- use online service company with product and guarantee.

### **When Storing food our Service will:**

- ensure the refrigerator and freezer has a thermometer and that the refrigerator is maintained at 5 °C or below and the freezer is maintained at -17 °C or below.
- ensure fridge and freezer temperatures are checked daily (this is part of a pre-session checklist)
- store raw foods below cooked foods in the refrigerator to avoid cross contamination by foods dripping onto other foods.
- ensure fresh meat is not stored in the fridge for more than 3 days.
- ensure that all foods stored in the refrigerator are stored in strong food-safe containers with either a tight-fitting lid, or tightly applied plastic wrap or foil.
- ensure that all foods not stored in their original packaging are labelled with:
  - the name of the food
  - the 'use by' date.
  - the date the food was opened.
  - details of any allergens present in the food.
- transfer the contents of opened cans into appropriate containers.
- ensure all bottles and jars are refrigerated after opening.
- place 'left-over' hot food in an appropriate sealed container in the refrigerator as soon as the steam has stopped rising. Food can be cooled quickly to this point by placing in smaller quantities in shallow containers, reducing the amount of time sitting in the 'danger zone'.
- not reuse disposable containers (e.g., Chinese food containers).
- store dry foods in labelled and sealed, air-tight containers if not in original packaging
- store dry foods in cupboards or if in a walk-in pantry, on shelving no lower than 30cm from the floor.
- not place anything on the floor of a walk-in pantry (as containers of any type create easy access to shelves for mice and rats)

- store bulk dry foods only in food-safe and airtight containers
- use the FIFO (first in, first out) rule for all foods (dry, chilled, and frozen) to ensure rotation of stock so that older stock is used first.
- store cleaning supplies and chemicals separate to food items.

### **Preparing and serving food**

Our Service will:

- ensure that when completing cooking experiences that the cooked food is cooked through and reaches 75°C.
- ensure that any cooked food is served promptly, or
- use a thermometer to ensure that hot food is maintained at above 60°C until ready to serve.
- ensure that prepared cold food is stored in the refrigerator maintained at below 5°C until ready to serve.
- discard any cooked food that has been left in the 'danger zone' for two or more hours. Do not reheat.
- reheat cooked food (if required, for example for a child who brings lunch from home that needs to be reheated) to a temperature of 70°C (but only ever reheat **once**. Discard if the food is not eaten after being reheated).
- keep cooked and ready-to-eat foods separate from raw foods.
- ensure foods are defrosted in the fridge or microwave.
- wash any fruit and vegetables that the service supplies thoroughly under clean running water before preparation (families will supply their child's own food however at times the service may have certain times when it supplies fruit and vegetable).
- ensure unused washed fruit or vegetables are thoroughly dry before returning to storage.
- ensure food that has been dropped on the floor is immediately discarded.
- thoroughly clean kitchen utensils and equipment between using with different foods and/or between different tasks.
- avoid cross-contamination by ensuring that separate knives and utensils are used for different foods.
- avoid cross-contamination by ensuring that colour-coded cutting boards are used (note that it doesn't matter which colour you use for which food providing signs are displayed to alert all staff). Common colours are:
  - Blue: raw fish/seafood

- Green: fruit and vegetables
  - Red: raw meat
  - Brown: cooked meat
  - Yellow: raw poultry
  - White: bakery and dairy
- ensure that gloves are changed between handling different foods or changing tasks.
  - ensure that if staff are preparing food for children with food allergies or intolerances are proficient at reading ingredient labels.
  - ensure that food allergies and intolerances are catered for by using separate easily identifiable cutting boards, utensils, and kitchen equipment (e.g., using a colour code, or food-safe permanent marker).
  - ensure all educators and staff are aware of children who have severe allergic reactions to certain foods as per ASCIA Action Plans
  - ensure that if the group has participated in a cooking experience that the child/ren with food allergies and/or intolerances are served their food individually on an easily identifiable plate.
  - ensure that unwell staff do not handle food.
  - ensure left-over food is stored immediately in the fridge or thrown away.
  - ensure that when a child is celebrating their birthday, that the child blows out candles on one single cupcake and this cake is served to that child, to prevent cross contamination.

## **Cleaning**

Our Service will:

- ensure that food preparation areas and surfaces are cleaned both before, after, and during any food preparation.
- ensure that all cooking and serving utensils are cleaned and sanitised before use.
- ensure that all dishwashing cloths are removed from the sinks at the end of each day and washed.
- ensure the food storage area is clean, ventilated, dry, pest free, and not in direct sunlight.
- ensure refrigerators and freezers are cleaned regularly and door seals checked and replaced if not in good repair.
- prevent pest infestations by cleaning spills as quickly as possible and ensuring rubbish and food scraps are disposed of frequently.
- ensure that floor mops are thoroughly cleaned and air dried after each use.
- replace any cleaning equipment that shows signs of wear or permanent soiling.

## **Personal hygiene for food handlers**

Our Service will ensure:

- staff will use appropriate hygiene/handwashing measures as per the centres policies and wear gloves preparing food and participating in cooking experiences.
- any long hair is tied back.
- strict hand-washing hygiene is adhered to, including washing hands each time they return to the kitchen before continuing with food preparation duties.
- wounds or cuts are covered with a waterproof dressing and gloves will be worn over any dressings.
- staff who are not well will not prepare or handle food.

## **All staff handling food will:**

- ensure children and staff wash and dry their hands (using soap, running water, and single use disposable paper towel or hand dryer) before handling food or eating meals and snacks.
- ensure gloves (and food tongs) are used by all staff handling 'ready to eat' foods.
- ensure food is stored and served at safe temperatures (below 5°C or above 60°C), with consideration to the safe eating temperature requirements of children.
- ensure any food that needs to be reheated that children bring from home is only reheated in an acceptable reheat able microwavable container.
- ensure separate cutting boards are used for raw meat and chicken, fruit and vegetables, and utensils and hands are washed before touching other foods.
- discourage children from handling other children's food and utensils.

## **Creating a positive learning environment**

Our Service will:

- ensure that educators sit with the children at meal and snack times to role-model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- choose water as a preferred drink.
- endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.

- encourage children to try different foods but do not force them to eat.
- not use food as a reward or withhold food from children for disciplinary purposes.
- role-model and discuss safe food handling with children.

### **Service Curriculum Plan**

Our Service will:

- foster awareness and understanding of healthy food and drink choices through including in the children's curriculum program a range of learning experiences encouraging children's healthy eating.
- encourage children to participate in a variety of 'hands-on' food preparation experiences.
- provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices.
- embed the importance of healthy eating and physical activity in everyday activities and experiences.

### **Cooking with children**

Cooking can help develop children's knowledge and skills regarding healthy eating habits. Cooking is a great, fun activity and provides opportunities for children to be exposed to new foods, sharing of recipes and cooking skills. On these occasions participating educators will be vigilant to ensure that the experience remains safe, and relevant food hygiene practices are adhered to.

### **Communicating with families**

Our Service will:

- provide a copy of the *Nutrition, Food, Beverages and Dietary Requirements Policy* to all families upon orientation at the Service via the website.
- provide opportunities for families to contribute to the review and development of the policy.
- request that details of any food allergies or intolerances or specific dietary requirements be provided to the Service and work in partnership with families to develop an appropriate response so that children's individual dietary needs are met.
- communicate regularly with families about food and nutrition related experiences within the Service and provide up to date information to assist families to provide healthy food choices at home.
- communicate regularly with families and provide information and advice on appropriate food to be included in children's lunchboxes. This information may be provided to families in a variety of

ways including factsheets, newsletters, during orientation, information sessions and informal discussion.

## CONTINUOUS IMPROVEMENT/REFLECTION

Our nutrition, food, beverages, and dietary requirements Policy will be updated and reviewed every two years or when regulations, change or critical reflection occurs.

### Source

Australian Children's Education & Care Quality Authority. (2014).  
Australian Children's Education & Care Quality Authority. (2021). *Nutrition, food and beverages, dietary requirements Policy Guidelines*.  
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Australian Government Department of Health *Eat for Health the Australian Dietary Guidelines*  
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Child Care Centre Desktop policies  
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[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n56b\\_infant\\_feeding\\_summary\\_130808.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf)  
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NSW Government. Healthy Kids. (2019). Munch and Move: <https://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>  
Revised National Quality Standard. (2018).  
The Australian Dental Association: <https://www.ada.org.au/Home>  
The Department of Health. Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book: [https://www.health.gov.au/resources/collections/get-up-grow-resource-collection?utm\\_source=health.gov.au&utm\\_medium=callout-auto-custom&utm\\_campaign=digital\\_transformation](https://www.health.gov.au/resources/collections/get-up-grow-resource-collection?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation)

Victoria State Government Education and Training Nutrition Australia *Healthy eating in the National Quality Standard A guide for early childhood education and care services*  
 Work Health and Safety Act 2011  
 Work Health and Safety Regulations 2011.

## REVIEW

POLICY REVIEWED BY	NARELLE BLACHFORD FAMILIES AND COMMITTEE 2023	DIRECTOR/NOMINATED SUPERVISOR	18/10/23
POLICY REVIEWED	OCTOBER 2023	NEXT REVIEW DATE	SEPTEMBER 2026
MODIFICATIONS	<ul style="list-style-type: none"> <li>policy maintenance – Policy changed into new policy template Add new Food safety standard information</li> </ul>		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE
MAY 2020	<ul style="list-style-type: none"> <li>Policy reviewed and included suggested guidelines from ACECQA and Munch and Move</li> </ul>		MAY 2023