



4. NUTRITION

The Centre is committed to the provision of a well-balanced and nutritious diet for children under 5, with an emphasis on introducing the children to a wide variety of foods. The policy is communicated to parents via the policy document in the foyer; verbally and reinforced within the Centre's monthly newsletters. The Centre aims to provide at least 50% of the recommended dietary intake, and foods provided will be consistent with the Dietary Guidelines for Children and Adolescents (based on a child in full-time care).

We have a 4 week cyclic menu using the Nutrition Checklist for Planning Long Day Care Menus. - produced by the SA Child Care Nutrition Partnership and SRER recommendations. The Menu will be reviewed Annually.

The use of added sugar, salt, preservatives and colourings will be avoided where possible.

The Centre will provide morning and afternoon snacks and a main meal at lunch. During the day the children will be provided with milk and water to drink. Children over 2 years will be offered low fat milk, with full fat milk provided to children from 12 months to 2 years, in accordance with dietary guidelines for children and adolescents in Australia. Mealtimes are seen as pleasant social experiences for all to enjoy with good eating habits encouraged. Staff will sit with children and promote positive, relaxed and social eating environments. Extra serves of food are supplied at mealtimes, snacks and when children are hungry.

Food and nutrition will be used as a learning experience through the curriculum, and at times the children will take part in activities involving its preparation. Food will be used to introduce the children to other cultures. Staff engaged in food preparation with the children must adhere to the nutrition policy and should consult with the director or cook about types of food that can be used.

The menu will be on display in the office foyer.

The amount children have eaten will be recorded and displayed on the day sheets or in the children's individual daily books.

The centre will wherever practicable meet individual dietary requirements. Specific Dietary requirements and/ or allergies should be notified in writing and should be accompanied by a letter from a medical professional or dietician, outlining foods to be avoided, possible reactions and treatment. Some situations, such as Children who are tube fed, require staff to undertake training before they can commence care, which should be identified as part of an initial risk assessment on enrolment

It is the responsibility of parents or carers to inform the centre of any dietary issues as soon as they are identified

The Centre is allergy aware and makes every attempt to provide meals that meet the individual needs of children's. In the circumstance where the centre is unable to meet the dietary needs of an individual, agreement may be reached between the director/Cook and parents about the type of food the parent may need to provide. Under this circumstance food should be handed to staff to be stored appropriately.

The Centre will provide breakfast for children until 8:15am consisting of Weet-bix, Cornflakes or Rice Bubbles.

UNDER NO CIRCUMSTANCES SHOULD FOOD OR DRINKS (except Water or fruit for Preschool) BE LEFT IN CHILDREN'S BAGS. This can present a serious health risk to children with food allergies.

Birthday Cakes- For a small cost parents may order Birthday Cakes through the centre to celebrate their Child's birthday while in care. We ask that you do not bring cakes from other sources in order to maintain the integrity of our food and safety guidelines.

Babies who have sterilised bottles and/or individual formulas will need to bring these to the Centre, prepared and marked daily. The Centre supports breastfeeding by welcoming parents who wish to breast feed during the day. Expressed milk can also be brought into the Centre. Thawing/storing procedures for milk/breast milk can be found at the end of this policy.

Start Right Eat Right guidelines in relation to what foods to offer and when. This information can be found at appendix 5.

The centre will provide regular information regarding Health and Nutrition at the front foyer and promote community and organisational initiatives that promote Health and Nutrition through displays and the centre Newsletter.

The Centre is accredited as a Start Right Eat Right Centre. To gain this accreditation, the Director and Cook are trained via SRER.

Safe Eating Policy

The Centre uses the Policy Guidelines for 'Preventing choking in children 4 years of age and under', as a guide to promote safe eating.

Policy guidelines are:

Making eating safer for your children.

- Do not give foods that can break off into hard pieces, for example, avoid raw carrots, celery sticks and apple pieces. These foods should be grated, cooked or mashed.
- Sausages, frankfurts and other meats should be cut into small pieces. The tough skins on frankfurts and sausages should be removed.
- Do not give nuts, popcorn, hard lollies, corn chips, whole grapes or other similar foods to young children.

Procedure to ensure safe eating:

- Always stay with young children and supervise them while eating.
- Make sure that young children sit quietly while eating.
- Never force young children to eat, as this may cause them to choke.

FOOD HANDLING AND STORAGE

The Centre will ensure that the cook (who is responsible for food handling operations), will have skills and knowledge in food safety and food hygiene matters, commensurate with their work activities, by partaking in relevant training. This will ensure the Australian New Zealand Food Authority Food Act (ANZFA), is understood and abided by.

All permanent staff will have in house training about safe food handling and storage from using Foodsafe and other training opportunities.

Up to date information will be made readily available to all staff and parents regarding food handling and safety via Centre's newsletters, and pamphlets.

The centre also maintains a Food safety Program FSP which outlines controls over all aspects Food handling from delivery to service. The Food Safety Plan is stored in the kitchen.

Donated Foods

Le Fevre CCC will only accept pre-packaged donated food that is in its original packet, within "use by limits" and not damaged in any way. Potentially Hazardous foods will not be accepted due to the high risk these foods present. A full list of potentially hazardous foods is contained in the centre's Food Safety Plan.

Suitable Fluids For Children under and Over 6 months of age.

Children under 6 months must be only given cooled boiled water. Water should be boiled first thing in the morning and placed in specified jugs into the fridge.

Children over the age of 6 months should be given unboiled tap water in their formula. Children should be given tap water due to the fluoride content in this water.

The centre follows the guidelines for fluids allowed for babies and 1-5 year olds at the centre. (Appendix 3). Only Milk and water is provided for the children to drink during their day at child care.

Chickens and their Eggs

Hygiene Practices

- Wash hands immediately after touching animals, their food, collecting eggs or anything in and around the area where they live.
- The centre will keep a collection of gumboots for children and staff to wear when collecting eggs from the chicken hutch.
- Children are not to clean the chicken coop.
- Keep chicken waste and water used to clean chicken coop away from food preparation areas.

Collecting the eggs

- Dispose of any excessively unclean or cracked eggs
- Clean eggs with a disposable dry cloth prior to placing them in a separately labelled egg carton in the food preparation area
- Wash hands after collecting eggs

Handling the eggs

- Cracked or excessively dirty eggs should be disposed of and not brought into the food area. Dirty eggs should be cleaned with a dry cloth prior to being brought into the kitchen.
- Eggs will be stored separately in a labelled egg carton in the lower regions of the fridge.
- Wash hands and sanitise areas where eggs are prepared immediately after use
- Use only in foods to be cooked
- Wash hands and change gloves
- After handling these eggs

SOURCED:

Healthy Eating Equals Healthy Teeth, *Australian Dental Association*

http://www.ada.org.au/app_cmslib/media/lib/0711/m102959_v1_healthyeating_factsheet.pdf

Planning Nutritious Child Care Menus, *South Australian Child Care Nutrition Partnership, 2005*

http://www.chdf.org.au/i-cms_file?page=110/PlanningNutritionCCMenu.pdf

Prevent Choking on Foods, for children 4 years of age and under, *Centre for health promotion:*

<http://www.health.sa.gov.au/pehs/srer-award/prevent-choking-food.pdf>

Safe Food Australia, A Guide To The Food Safety Standards, Chapter 3 of the Australian New Zealand Food Standards Code, *Australian New Zealand Food Authority, 2nd Edition, January 2001:*

http://www.foodstandards.gov.au/srcfiles/complete_safefood.pdf

Bottle Feeding- Making up formula. Parenting and Child Health; <http://www.cyh.com>

Guidelines for Fluids allowed for babies and 1-5 year olds at the centre, Start Right Eat Right, Government of South Australia

Egg Safety –from the chicken coop to the kitchen, MUNCH Newsletter, SRER.

Appendix

Appendix 1. Safe Storage of Expressed Breast Milk- Start Right Eat Right

Appendix 2. Recommended procedures for storing, thawing and warming of breast milk – Start Right Eat Right



Safe storage of expressed breast milk

| Breast milk | Room Temperature | Refrigerator | Freezer |
|---|--------------------------------------|--|--|
| Expressed breast milk | | Store in the back of the refrigerator where it is coldest (4°C or lower) | <ul style="list-style-type: none"> • 2 weeks in freezer compartment inside refrigerator. • 3 months in freezer section of refrigerator with separate door. • 6–12 months in deep freeze (-18°C or lower). |
| Previously frozen—thawed in refrigerator but not warmed | 4 hours or less (i.e. the next feed) | Store in refrigerator 24 hours | Do not refreeze |
| Thawed outside refrigerator in warm water | For completion of feed | Hold for up to 4 hours | Do not refreeze |

| | | | |
|--------------------------|---|---------|---------|
| Infant has begun feeding | Only for completion of feed, then discard | Discard | Discard |
|--------------------------|---|---------|---------|

Adapted from: the Australian Breastfeeding Association (ABA) 2009



Recommended procedures for storing, thawing and warming of breast milk

Storing Breast Milk

- Expressed breast milk (into a clean sterile container) should be date labelled (date of expression) and refrigerated at 4° C or lower at the back of the fridge where it is coldest. Breast milk that will not be used within two days should be frozen.
- If the baby has begun feeding, any unused breast milk should be discarded
- Tips for parents: Breast milk should be transported to childcare in an esky with a freezer brick, and placed immediately in the back of the refrigerator upon arrival.

Frozen breast milk

- Frozen breast milk can be kept for 2 weeks in the freezer compartment of a one door refrigerator, or 3 months in a freezer section of a fridge with separate door.
- If some milk has thawed it should be used within 24 hours. Do not refreeze it.
- Tips for parents: Breast milk should be transported to childcare in an esky with a freezer brick, and placed immediately in the back of the refrigerator upon arrival (or in the freezer if still frozen and to remain so).

Thawing frozen breast milk

- Breast milk can be thawed in the fridge or at room temperature in a warm water bath.
- Breast milk that has been thawed in the fridge but not warmed should be used within 24 hours, and should not be refrozen.
- Breast milk that has been thawed outside the fridge in warm water can be used immediately, or stored in the fridge for up to 4 hours.

Warming Breast Milk

- Breast milk should NEVER be microwaved. It destroys the immunological properties in the breast milk.

- Breast milk should be warmed by standing the bottle in warm water.
- Bottle warmers can be used, but they must have a thermostat control. Bottles should only be warmed in this way *for less than 10 minutes*.
- Before giving the child a drink from the bottle:
 - put the teat/bottle top back on, and invert the bottle at least 10 times
 - make sure the breast milk is cool to touch - test by placing several drops on the back of the hand.

Recommended procedures for storing, thawing and warming of infant formula

Storing Infant Formula

- Infant formula should be name and date labelled and stored immediately in the centre at the back part of the fridge where it is coldest (not in the fridge door where it is warmer).
- Discard the contents of *partially used* bottles after 1 hour. Reusing half empty bottles is risky once they have been heated and sucked on.
- Throw out any *unused* formula after 24 hours.
- Tips for parents: the safest way to transport formula is to take the cooled, boiled water and the powdered formula in separate containers and mix them when needed. When it is necessary to transport prepared formula (or expressed breast milk) it must be icy cold when leaving home and be carried in an insulated pack to keep it cold.

Warming Infant formula

- Microwaving infant formula is not recommended by the NHMRC for safety reasons, they do not heat the milk evenly and may create hot spots in the milk which could burn the baby's mouth.
- Formula should be warmed by standing the bottle in warm water.
- Bottle warmers can be used, but they must have a thermostat control. Bottles should only be warmed in this way *for less than 10 minutes*.
- If a centre decides to use a microwave to warm *formula* (ie *breast milk* should *not* be microwaved), the following guidelines are recommended to minimise the risk of hot spots and overheating:
 - Make sure the bottle is microwave-safe.
 - Make sure there is at least 120 mls of formula in the bottle (otherwise it will overheat).
 - Heat only cold formula straight from the refrigerator.
 - Always stand the bottle upright.
 - Always take off all the teat/bottle top assembly and leave these *outside* the microwave.
 - Do not use microwave ovens with a wattage over 700W.
 - For a 120 ml size bottle - use high setting and heat for less than 30 seconds.
 - For a 240 ml size bottle - use high setting and heat for less than 45 seconds.
- Before giving the child a drink from the bottle:
 - put the teat/bottle top back on, and invert the bottle at least 10 times
 - make sure formula is cool to touch - test by placing several drops on the back of the hand.

References:

- Dietary Guidelines for Children and Adolescents in Australia (National Health & Medical Research Council, 2003)
- Infant Feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003)
- Feeding and nutrition of Infants and Young Children (World Health Organisation, 2000)
- Child and Youth Health www.cyh.com.au
- Australian Breast Feeding Association Guidelines.



Guidelines for Fluids allowed for babies and 1-5 year olds at the centre

This is a list of suitable and unsuitable fluids for babies (birth-1 year old) and all children in care at our centre.

Cows milk is not recommended for babies less than 12 months old because it is a poor source of iron and predisposes an infant to iron deficiency. It also has high levels of protein, sodium, potassium, phosphorous and calcium which has a high renal solute load.

Allowed fluids for babies (birth to 12 months)

- Breast milk and infant formula
- Cooled boiled water
- (Soy formula only under medical advice)

Suitable fluids for 1 year olds

- *Breast milk*
- Cows milk (full cream)
- Water
- Diluted juice (limit to 100-200ml per day, 50:50 dilution)
- Soy beverage, calcium fortified (full fat)

Suitable fluids for 2-5 year olds

- Reduced fat milk (1.0-2.5% fat)
- Soy beverage, calcium fortified (full fat or reduced fat)
- Water
- Diluted juice (limit to 100-200ml per day, 50:50 dilution)

Unsuitable fluids for child care (all ages)

Soft drinks

Cordials

Sweet syrups eg. Ribena, Delrosa

Vegetable juices

Tea, Coffee, herbal teas

Full strength juice

Sweetened milk

Vegan beverages (eg. rice milk, oat milk) not suitable, except under medical advice

Alcohol

References:

NHMRC (2003). Food for Health. Dietary Guidelines for Children and Adolescents in Australia. Commonwealth Department of Health and Ageing.

Infant Feeding Guidelines for Health Workers Summary (2004)

WA Dept. of Health and SA Dept. of Human Services.

Norberg, M & Young, R. 1997 Caring For Infants: Food and Nutrition for 0-1 year olds in Long Day Care Centres.* Central Sydney Area Health Division of Population Health, and the Commonwealth Department of Health and Family Services.

