



Out of Hours School Care Nutrition Policy

Policy Statement

The 'Get up and Grow' guidelines suggest children should participate in physical activity, that foods high in saturated fat should be limited and that a variety of fruit and vegetables should be on offer.

The National Quality Standard guidelines (under section 2.2) state that healthy eating and physical activity should be promoted, and that food and water provided should be nutritious. The Department of Education and Training recommend that 'highly processed, sugary, fatty and salty foods should make up a very small part of the child's diet.

The Out of School Hours Care (OSHC) program follow the practices outlined in the above guidelines and regulations.

When providing food to children in care, the menu should reflect a wide variety of nutritious foods, such as:

- Plenty of vegetables and fruits.
- Cereals (preferably wholegrain), which include breads, rice, pasta and noodles.
- Lean meats and poultry.
- Dairy products, which includes milk, cheese and yoghurts.
- Plenty of opportunity to drink water.
- Moderate amounts of sugars and foods containing added sugars or artificial sweeteners.

Procedures and Practices

The staff team has the responsibility to ensure that:

- Nutritious breakfasts and snacks are supplied.
- The menu is displayed for children and parents to view.
- Children and staff are involved in planning the menu. Consideration regarding sugar, fat and salt content is taken into consideration when menu planning.
- One treat cooking activity a week as well as a treat afternoon tea is planned. Special occasion weeks are the exception where more than one treat may be planned.
- Children are encouraged 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 the events of the day.
- Children always have access to water.
- Staff are aware of the individual dietary needs of the group. Listing of the children's needs are in the kitchen. The list is checked prior to each session.
- Children are encouraged to cook, serve and clean up as part of the program activities.

- All children and staff involved in food preparation wash and dry their hands and wear gloves when needed.
- Cooking activities that are labeled a 'treat' will only be cooked once per week, thus following the guidelines of 'limiting'.
- Families have an option to accept a take home treat when they depart from OSHC in the afternoon.

Sources

Guide to the Education and Care OHSC programs National Law and the Education and Care OHSC programs Regulations 2011. Sourced May 2019.

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Next Review Date:

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