



# PATTERSON LAKES PRIMARY SCHOOL

No. 5190

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## OSHC – Nutrition Policy

### RATIONALE

Children need a good variety of wholesome foods to allow for proper growth and development and to provide the energy needed for learning and play. Food habits and attitudes towards food begin at an early age. It is important that the provision of food reflects the cultural diversity of the children in care. Adequate nutrition includes a wide variety of food that adheres to nutritional guidelines in accordance with the Royal Children's Hospital nutritional guidelines for children, Department of Human Services Better Health Channel and Central Bayside Community Health Service; for example, correct quantities of food from the five food groups, low salt, limited fats and additives and avoid processed and pre packaged foods.

### AIM

To ensure that each child is provided with a variety of foods to meet their nutritional requirements, and food is prepared in accordance with food safety guidelines.

### IMPLEMENTATION

These procedures apply to program staff and parents.

- Food shall be prepared and stored in a safe and hygienic manner.
- Drinking water must be provided and available at all times.
- Snack times can be a social learning experience and should be offered in a relaxed atmosphere encouraging interactions.
- Children's independence should be encouraged at meal times.
- Children's individual dietary requirements need to be acknowledged by the program staff in accordance with their health, culture and religion.
- Program staff must maintain a high standard of hygiene before, during and after snack time.
- Food served to children should be attractive, appealing and include a variety of flavours, textures and colours.
- Special attention to dietary needs should be considered when caring for children with particular health problems, religious beliefs or preferred foods.
- Program staff should respect differences in appetite between children. Force-feeding of children is not acceptable.
- Children should be encouraged to wash hands correctly. If a child refuses to wash their hands, they will not receive afternoon tea or breakfast.
- Treats and party food should be kept to a minimum for special occasions.
- Food cannot be shared with other children.
- Staff are not to heat up children's food/snacks if they have bought them from home.

### REFERENCES

Outside School Hours National Standards, 2.1, 2.8


### EVALUATION

Guidelines are updated annually and/or as per DET recommendations.

### CERTIFICATION

This policy was adopted at the School Council Meeting held at Patterson Lakes Primary School, October 18, 2016.

Signed.....

  
School Council President

Signed.....

  
Principal