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# Nutrition, Food & Beverages & Dietary Requirements Policy

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## 1. INTRODUCTION

LIFE SKILLS & ADVENTURES is committed to supporting healthy eating for children within its camps and programs as well as by making healthy food available for purchase. The following nutrition policy outlines the strategies LIFE SKILLS & ADVENTURES will endeavour to adopt in its camp programs. The aim of LIFE SKILLS & ADVENTURES camp program's nutrition policy is to ensure each program provides an environment supporting health, good nutrition and wellbeing for all children and staff.

## 2. POLICY

The delegated Supervisor/Camp Leader will ensure that LIFE SKILLS & ADVENTURES camp programs meet their obligations under the National Quality Standards, National Regulations and National Act wherever possible. This includes;

- Support, document and actively embed all aspects of Quality Area 2 under the National Quality Standards, specifically including the following elements;
  - o 2.1 Each child's health is promoted
  - o 2.1.1 Each child's health needs are supported
  - o 2.1.3 Effective hygiene practices are promoted and implemented
  - o 2.2 Healthy eating and physical activity are embedded in the program for children
  - o 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child
- Promote an environment where menus and food related experiences are embraced as providing a rich educational, cultural and social experience for children, facilitating life skill development, health and wellness and actively role-modelled by educators and carers.

### **Nutrition and Dietary Requirements**

- Actively promote the Australian Dietary Guidelines 2013 for all children and their families.
- Ensure food and beverages provided are nutritious, adequate in quantity and are chosen in regard to dietary requirements and have regard to each child's culture, developmental needs, age or other information as provided by the child or family, as appropriate
- The camp will work closely with children, families and, where relevant, healthcare professionals to promote healthy lifestyles, understand and meet children's specific health requirements, and those particularly relevant in their own community.
- Seek information upon enrolment and throughout the orientation process from the family and child to ensure food provided is consistent regarding the child's dietary requirements, tastes, nutritional needs, culture and/or any other requirements
- It is the families' responsibility to ensure Life Skills & Adventures is informed and kept up to date if a child cannot consume any food or drink due to allergies or other medical condition, food intolerance, religious or cultural requirement

### **Food and Beverages**

- Ensure the implementation of the LIFE SKILLS & ADVENTURES policy for all camps to be a nut free service. This includes ensuring no nut products are provided and families and children are advised not to bring nut products into the service.
- The menu (where applicable) accurately describes the food and beverages to be provided by the camp each day and is displayed in a place which is accessible to both parents and children at the campsite.
- Food is not used as a bargaining tool for appropriate behaviour at any time and a child is never denied access to food as a punishment.
- Ensure on special occasions where parents wish to bring a treat or cake; that the treat /cake is either store purchased, sealed and provides a list of ingredients, or if baked at home, the full list of ingredients and date baked is provided.
- Children will be encouraged to bring along healthy food/snacks whilst attending program
- Drinking water will be available at all times for children and staff
- Food items and food activities will include those from a variety of cultures
- Parents of children on special diets will be asked to provide details of any special food needs.
- Menus will be reviewed to include seasonally appropriate food and to ensure food variety.
- All parents can have access to the program's menu upon request.
- All parents will be provided with/can obtain access of a copy of this nutrition policy for the program.

### **Food Safety and Hygiene**

- All food handling must be prepared in accordance with in accordance with the HACCP (Hazard Analysis Critical Control Point) principles.
- Camp Leaders/Carers to maintain appropriate food safety and hygiene practices before, during and after handling food in accordance with requirements of 'Staying Healthy in Child Care', by the National Health and Medical Health and Research Council and their Food Safety Plan
- Safe work procedures are implemented and followed in regards to safe food storage, food handling and food preparation.
- Relevant Staff are inducted and trained in safe food handling, storage and food preparation and recording of this information.
- A minimum of one team member holds a Food Safety Supervisor Certificate

### **Dietary Requirements**

- All children's dietary requirements must be made apparent in the enrolment registration form.
- All children's dietary requirements will be communicated to staff
- Parents/guardians will provide children with the appropriate food/drinks for their child's dietary requirements.

## **3. DEFINITIONS**

### **HACCP – Hazard Analysis Critical Control Point:**

A systematic preventive approach to food safety. The HACCP system can be used at all stages of a food chain, from food production and preparation processes including packaging, delivery and food handling.

#### 4. ROLES AND RESPONSIBILITIES

Department/Area	Role/Responsibility
Operations	All Carers/Camp Leaders will be provided with this policy annually and are responsible for the daily implementation of the policy when directly supervising children.
Company Director	Is responsible for ensuring suitable resources and support systems to enable compliance with this policy.  Drive the consultation process and provide leadership and advice on the continuous improvement of the policy.  Responsible for the development, monitoring and review of the Policy and related systems, ensuring all content meets all legislated requirements.
Company Director	Approve the Policy and Provide official sign off on the Policy

#### 5. MONITORING, EVALUATION AND REVIEW

The ongoing monitoring and compliance of this policy will be overseen by the LSA Director. Each program will complete an annual self-assessment against this procedure, associated policy and the legislated standards from which it was drawn.

The evaluation of the policy will be facilitated by the LSA Director using stakeholder feedback to drive continuous improvement and reflect service users' comments where practical.