

2.5 NUTRITION, FOOD AND BEVERAGES AND DIETARY REQUIREMENTS

Policy:

Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate to the age and development of the child.

Procedures:

1. Family day care educators must complete a recognised and accredited food safety course.
2. Family day care educators will maintain health and hygiene practices in line with “Staying Healthy (5th Edition)” – Food Safety.
3. As part of the enrolment process, families will provide educators with information regarding any food allergies or intolerances. Action Plans and/or Risk Minimisation and Communication Plans will be provided as necessary.
4. The family day care educator will consult and collaborate with families to ensure children’s nutritional needs are met.
5. Access to safe drinking water will be provided at all times.
6. Educators will encourage families to provide their child with age and developmentally appropriate food that meets their nutritional needs.
7. Educators who supply food as part of their child care service must ensure that the food offered is age and developmentally appropriate for the children in their care and reflects the current dietary guidelines.
8. The weekly menu must be displayed, made available to parents and accurately describe the food and beverages provided by the family day care educator each day.
9. Families will be provided with opportunities to contribute to the menu planning. Food and dietary preferences such as vegetarianism or religious considerations will be taken into account when planning the menu.
10. An educator must consider the individual routines of the children in care. Some children may have varying routines, thus meal times may have to be staggered throughout the care day.
11. An educator must ensure children wash their hands before eating.
12. Tables used for meal times must be thoroughly cleaned before each meal and as soon as possible after the meal. Any food scraps must be cleared away from areas surrounding the table as soon as possible after the meal.
13. Educators are encouraged to ensure children are seated for meal times and that they are given opportunities to develop and practice their independence and self-help skills.
14. Educators are encouraged to sit and eat with children, role modelling healthy eating.
15. When children are in high chairs they must be secured with the provided safety harness.

16. Infants benefit from being held while bottle fed. An infant who is being bottle fed should be in a semi upright position and must never have the bottle “propped up”.
17. Bottles must only contain formula, breast milk, unflavoured milk or water.
18. If an infant falls asleep whilst having a bottle, the bottle should be removed immediately.

Preparing, storing and heating bottles:

1. Wash your hands and ensure that work surfaces, bottles and other equipment are clean.
2. If more than one child in care is bottle fed, each bottle should be clearly labelled with the child’s name.
3. It is best to make up fresh formula for each feed and give it to the child as soon as it has cooled. If this is not possible, the freshly made formula should be cooled immediately and stored with the lid on, in the back of the refrigerator for no more than 24 hours.
4. Breast milk can be stored in several ways:
 - Refrigerated for up to 3 days at 5°C or less. Always store breast milk in the back of the refrigerator.
 - Stored without refrigeration if necessary for 6-8 hours if the room temperature is less than 26°C.
 - Frozen in a separate freezer section of the refrigerator for up to 3 months.
 - Frozen in a deep freeze (-18°C) for 6-12 months.
5. Frozen breast milk can be thawed:
 - In the refrigerator and used within 24 hours
 - By standing the bottle in a container of lukewarm water and used straight away.
6. Heat bottles only once.
7. Bottles can be heated by standing the bottle in a container of hot water for no more than 15 minutes.
8. If heating a bottle in a microwave, the following procedure must be followed:
 - Take the teat/bottle top off and leave it outside the microwave
 - Following heating, adequately rotate and shake the bottle
 - Replace the bottle top/teat and invert the bottle at least 10 times and let the bottle sit for 1-2 minutes before testing the temperature.
9. Before feeding an infant, check the temperature of the formula or breast milk by letting a little drop onto the inside of your wrist – it should feel comfortably warm or even a little cool.
10. Never microwave breast milk.
11. Never refreeze thawed breast milk.

Date Implemented	Review Due	Date Updated	Source
2009 August	2011 February 2012 August 2014 February 2015 August 2017 February 2018 August 2019 April 2021 February	2017 February 2017 October 2019 August	<ul style="list-style-type: none"> • Education and Care Services National Regulations 2011. • Queensland Health - Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood Settings Guidelines. • Guide to the National Quality Standard 2011. • Queensland Health – Expressing and Storing Breastmilk. • Staying Healthy – 5th Edition