

## Rationale

To ensure that food and nutrition provided by SDN services is adequate and appropriate for children’s growth and developmental needs, cultural and religious background and medical/health requirements.

To provide support and guidance to families in choosing healthy food options in services where food is not provided by SDN.

## Scope

This policy, and its associated documents, applies to the entirety of SDN Children’s Services and the entirety of its wholly owned subsidiaries.

This policy applies to all SDN services where children are provided with or served food.

## Policy

When SDN provides food for children at our services it will be consistent with the *Dietary Guidelines for Children and Adolescents in Australia (2013)* and *Caring for Children - Birth to 5 years (2014)*, and other relevant food and nutrition authorities.

SDN will collaborate with families and other professionals to support specific dietary requirements and eating preferences of children.

SDN will provide families with up-to-date information about the amount and types of foods to provide their children, both in and out of the home, to ensure their health and wellbeing.

SDN will provide positive experiences as part of the educational program, and take part in Government Health initiatives (Munch & Move) that supports learning and education about healthy eating and wellbeing.

SDN will minimise food-related risks to children attending our services through safe practices for food handling, preparation and storage.

## Related SDN Documents

### Policies

- SD-HLP-1.33: Child Protection
- SD-HLP-2.03: Educational Program and Practice
- SD-OP-2.14: Children with Medical Conditions and Illness
- SD-OP-2.15: Child Incident, Injury, Trauma and Illness

- WHS-OP-4.03: Infectious Diseases

## Procedures

- SD-PRO-2.11-01: Nutrition
- WHS-PRO-4.03-02: Hand Hygiene
- WHS-PRO-4.03-03: Safe Food Storage, Handling and Preparation
- WHS-PRO-4.03-04: Receiving Food Safely
- WHS-PRO-4.03-05: Safe Food Cooling, Reheating Freezing and Defrosting
- WHS-PRO-4.03-06: Preparing, Storing and Heating Bottles

## Relevant Legislation/Regulations

- Work Health and Safety Act 2011
- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2011, regulations 77 to 80 and 168 (2)(a)(i)
  - Schedule 1: National Quality Standard, standards 2.1 to 2.3 and elements 2.1.3, 2.1.4, 2.2.1 and 2.3.2
- Food Act 2003

## Other References/Related Documents

- National Health and Medical Research Council (2013). Dietary Guidelines for Children and Adolescents in Australia [https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a\\_australian\\_dietary\\_guidelines\\_summary\\_131014\\_1.pdf](https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a_australian_dietary_guidelines_summary_131014_1.pdf)
- NSW Health (2014). Caring for Children - Birth to 5 years
- Get up and Grow: Healthy Eating and Physical activity for early childhood (2009). <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-child-familybook>
- Australian Guide to Healthy Eating (2013) – [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- Anaphylaxis Australia – [www.allergyfacts.org.au](http://www.allergyfacts.org.au)
- National Food Safety Standards- ACT Health - [www.health.act.gov.au](http://www.health.act.gov.au)
- Food Standards Australia – [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- Infant Feeding Guidelines (2012) <https://www.nhmrc.gov.au/about-us/publications/infant-feeding-guidelines-information-health-workers#block-views-block-file-attachments-content-block-1>
- Munch and Move (NSW Health) <https://healthykids.nsw.gov.au/>

NUTRITION POLICY		SD-OP-2.11	
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