



Nutrition and Culturally Appropriate Foods

Policy:

Stepping Stones Child Care Centre is committed to:

- Educating children about healthy food and healthy eating habits.
- Providing nutritious foods to all children at the Centre.
- Providing a flexible approach to serving and consuming food that caters for individual needs in regards to age, culture, specific dietary requirements, eating patterns and personal taste. Children will be encouraged to taste but will not be forced to eat.
- Providing at least 50% of children's recommended daily nutritional requirements.
- Promoting learning about nutrition and food varieties through fortnightly Developmental Programs in all rooms.

Procedure:

FOR CHILDREN

- The Centre serves morning tea, a hot meal at lunchtime, afternoon tea and late snack.
- The Centre will follow the Australian Dietary Guidelines for Children as specified by consulting nutritionist – *Nutrition Australia*.
- Children will have access to water whenever they need it (Toddlers have their own water cups available in the rooms for them to use at their discretion and Junior Preschool and Preschool children use the outdoor bubblers. Nursery & Tiny Toddlers are offered water in cups/sipper cups or bottles in between meals). Water bubblers are situated in the children's outdoor playgrounds.
- Food will be served taking into account of the child's developmental stage with regard to size and texture. Pureed meat, vegetables and fruit will be offered to younger children (0-2 years).
- Hygiene processes as set out in 'Hygiene Policy' will be followed by all staff that prepare and serve food and drinks.
- Children who have special dietary requirements for health or medical reasons will have their needs made known to everyone responsible for preparing and or serving food to them (a list of dietary requirements/restrictions and allergies/intolerances are displayed in kitchens, staff room, class rooms and throughout the centre, and relief staff will be made aware of these dietary requirements prior to commencing their shift).
- Where a child is excluded from eating certain foods for religious or cultural reasons, the parent's wishes will be respected and conveyed to the relevant people.
- Staff will develop a plan and routine which practices the nutrition policies when children are at the Centre. Such activities are included on our fortnightly program.
- Meals served to children with dietary requirements/restrictions & allergies/intolerances will be served on distinguished plates.

FOR PARENTS

- A weekly menu will be displayed in kitchen and classrooms for parents to view.
- Each day the quantities each child consumes (see 'Quantities of food served' notice-displayed in all rooms) are displayed on the communication board in each room.

- Opportunities to be involved in reviewing menus will occur each season. The table below displays the daily recommended nutritional requirements of children. Stepping Stones Child Care Centre provides children with 50% of their recommended daily nutritional requirements, the remaining 50% should be provided at home.

Food Group	Food Serving Size	Number of Serves per day
Breads and Cereals	2 slices of bread, 1 medium bread roll, 1 cup of cereal, 1 cup of cooked rice, 1 cup of cooked pasta	1-2
Dairy Foods	1 cup (250mls) milk 200g yoghurt 2 slices (40g) cheese	1-1½
Meat and Meat Alternatives	65-100g cooked meat 1/3 cup legumes (eg baked beans) 2 small eggs	½
Fruit	1 medium piece of fruit 1½ tablespoons sultanas 1 cup canned fruit	½ - 1
Vegetables	½ cup cooked vegetables 1 cup salad vegetables 1 medium potato	1-2
Extras	1 piece of cake 3-4 plain sweet biscuits 2 scoops ice cream 1 tablespoon jam, honey	0-1

Please Note: All children are offered 30g of meat based food, one (1) serve of vegetables, one (1) serve of fruit along with milk provided in cups and bottles each day.

Source:

- "Dietary Guidelines for Children & Adolescents"
- "Australian Guide to Healthy Eating"
- Nutrition Australia (www.nutritionaustralia.org)

This policy links to the following CCQA Principles:

Quality Practices Guide (2005) - 1.3, 1.4, 1.5, 1.6, 2.1 & 6.1

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Reviewed in consultation with staff and parent committee members, at October 2009.