



# Food & Nutrition Policy

## POLICY STATEMENT

Food provided at the St Patrick's OSHC Service will be nutritious and varied. Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits. Parents are encouraged to provide healthy and nutritious food for their children. Parents are made aware that St Patrick's OSHC is a nut free service.

## PROCEDURE

- During After School Care an assortment of fresh seasonal fruit is supplied for afternoon tea.
- Children are to wash their hands before having afternoon tea during After School Care and before eating during Vacation Care.
- Food is prepared and stored hygienically.
- Snack times will be treated as social occasions. Educators will sit with the children and interact with them to encourage good eating habits.
- Drinking water will always be available and accessible to educators and children.
- During Vacation Care, parents will be asked to provide their child's lunch, morning and afternoon teas and also drinks, except where otherwise stated on the vacation care program.
- Where food is prepared as part of the children's program of activities, the ingredients and preparation techniques used will be hygienic and safe and contribute to children's nutritional needs.
- Where children are involved in food preparation, this should always be supervised and hygienic conditions maintained.
- Food requiring refrigeration will be stored in the refrigerator.
- Kitchen equipment is to be cleaned and stored appropriately.
- Staff and children wash hands before preparing or serving food. Use water and soap and dry hands with disposable paper towels.
- Surfaces are cleaned before and/or after food preparation.
- St Patrick's is a nut free service. This information is provided to families through the family information handbook, school and OSHC newsletters and signage at the OSHC sign in desk.
- Children are supervised during eating and children are advised not to share foods.
- Any child found to have nuts would have the food taken from them and given alternative food. Any child that came into contact with nuts would be advised to wash their hands thoroughly. Parents will be informed that their child's food contained nuts and is not permitted at OSHC.

Date Endorsed .....

Date for review & Evaluation .....