Nutrition OHSC Policy

Purpose:
The aim of this policy is to:

- Educate families/guardians and children in the development of the healthy eating habits.
- Provide an environment that encourages positive attitudes towards food.

Rationale:
Gembrook Primary School OSHC programs are committed to provide a safe environment for children with potentially life threatening food allergies.

Scope:
Gembrook Primary School OSHC program is committed to encouraging children to develop healthy eating habits. We offer a variety of foods incorporating cereals, breads, fruits and vegetables. We may also offer children foods from different cultures providing learning experiences and introducing children to different food colours, flavours and textures. Gembrook Primary School OSHC program maintains a healthy eating policy, based on the Eat Smart, Play Smart manual, distributed by the Heart Foundation and the National Child Nutrition Program. On rare or special occasions we may provide, as a treat a "sometimes food" however, this will be in conjunction with a healthy choice option.

Definitions:
OSHC – Outside School Hours Care

Protocol/Procedure:
Gembrook Primary School OSHC shall:

- Provide accessibility to the Nutrition Policy.
- Comply with the Dietary Guidelines for Children and Adolescents and actively seek and maintain quality information on nutrition from health authorities.

Families shall:
• Provide information on the enrolment form regarding children's allergies of sensitivity to foods.
• Update any changes with staff regarding children's allergies and sensitivity to foods.
• Provide foods which are nut free (see Anaphylaxis policy).
• Understand that food provided from home is able to be shared among siblings only.

Gembrook Primary School staff shall:

• Offer food and drink at times that suit children's needs.
• Ensure the children are offered well balanced nutritional snacks.
• Offer children fruit and/or vegetable platters for afternoon tea.
• Cater for children who have special dietary requirements (including allergies) for health or medical reasons. This includes making their needs known to everyone responsible for preparing or serving food to them. Refer to the Anaphylaxis Policy.

Children shall:

• Have access to water whenever it is needed or requested.
• Be encouraged to broaden their food knowledge and sample varied foods in a relaxed environment.
• Be offered appropriate food and drink from which they may make choices.
• Be encouraged to develop independence in preparation, serving and clearing away of food and drink.
• Be given opportunities to participate in food related activities, ensuring correct hygiene methods are followed.
• Be offered foods that respect the religious, cultural or other requirements of the families/guardians.

Related Policy

NA

References/Legislation

The Children's Services Regulations 2009.
The Children's Services Act 1996.
The Health Act 1958.
The Food Safety Act.
Public Health & Wellbeing Act 2008

Victoria Department of Human Services: www.dhs.vic.gov.au

Royal Children's Hospital: www.rch.org.au

Royal Children's Hospital: www.rch.org.au/ecconnections

Gembrook Primary School Health Promoting Schools Charter

**Policy History:**

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