



Bottle chart

CHILD'S NAME: -----

WEEK BEGIN: -----

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Comments					

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Bottle chart Book



NUTRITION POLICY – ENCOURAGING HEALTHY EATING AND SUPPORTING BREASTFEEDING

Aim:

KIDZONEFDC aims to ensure all children are offered a varied, safe and nutritious meal that is culturally and religiously appropriate and enough to meet the needs of each child. Whether supplied by the educators or parents, food should be stored in a safe and hygienic manner.

Rationale

Early childhood education and care (ECEC) services are required by legislation to ensure the provision of healthy foods and drinks that meet the requirements for children according to the *Australian Dietary Guidelines*. It is essential that ECEC services partner with families to provide education about nutrition and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as obesity, type 2 diabetes, and cardiovascular disease.

Service Commitment

Kidzone Family Day Care recognises the importance of healthy eating for the growth, development and wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. This policy (procedure) affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

Our service is committed to implementing and embedding the healthy eating key messages outlined in the NSW Health's *Munch & Move* program into our curriculum and to support the *National Healthy Eating Guidelines for Early Childhood Settings* outlined in the *Get Up & Grow* resources.

Further, *Kidzone Family Day Care* recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the ECEC service has an important role in encouraging, supporting and educating families in healthy eating.



Relevant Legislation

National Quality Framework

Early Childhood Education and Care Services National Regulations

Section 3(2)(a); 167– Protection of children from harm or hazards

Regulation 77 – Health, hygiene and safe food practices

Regulation 78 – Food and beverages

Regulation 79 – Service providing food and beverages

Regulation 80 – Weekly menu

Regulation 90 and 91 – Medical conditions

National Quality Standard

Element 1.1.3

Standard 2.1 – Each child's health and physical activity is supported and promoted

Elements 2.1.1, 2.1.2, 2.1.3

Element 2.2.1

Element 3.2.3

Element 4.2.2

Standard 5.1 Respectful and equitable relationships are maintained with each child.

Element 5.1.2

Standard 6.1 – Respectful relationships with families are developed and maintained and families are supported in their parenting role.

Element 6.1.2, 6.1.3

Element 7.1.2

Element 7.2.1

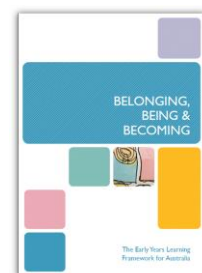
Early Years Learning Framework

Learning Outcome 1 – Children feel safe, secure and supported.

Learning Outcome 3 – Children have a strong sense of wellbeing.

Learning Outcome 4 – Children are confident and involved learners.

Principles – Secure, respectful, reciprocal relationships; Respect for diversity; Partnerships with families; Ongoing learning and reflective practice.





Practice – Holistic approaches; Intentional teaching; Learning environments.

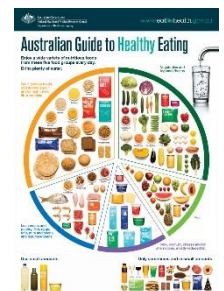
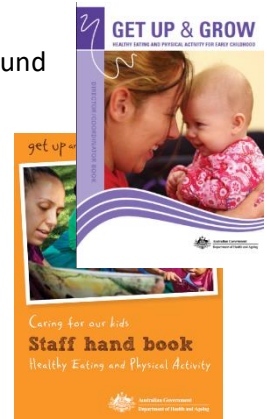
Legal Requirements

Our service recognises that the right to breastfeed is protected under federal and state legislation, and we will meet our legal obligations.



Healthy Eating Guidelines

1. Exclusive breastfeeding is recommended, with positive support, for infants until around six months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.
2. If an infant is not breastfed, is partially breastfed, or if breastfeeding is discontinued, use an infant formula until 12 months of age.
3. Introduce suitable solid foods at around six months.
4. Make sure that food offered to children is appropriate to the child's age and development and includes a wide variety of nutritious foods consistent with the *Australian Dietary Guidelines*.
5. Provide water in addition to age-appropriate milk drinks. Infants under the age of six months who are not exclusively breastfed can be offered cooled boiled water in addition to infant formula.
6. Plan mealtimes to be positive, relaxed and social.
7. Encourage children to try different food types and textures in a positive eating environment.
8. Offer an appropriate amount of food, but allow children to decide themselves how much they will actually eat.
9. Offer meals and snacks at regular and predictable intervals.
10. Ensure that food is safely prepared for children to eat – from the preparation stages to consumption.



Other Relevant Legislation

Food Act 2003 (NSW) – www.legislation.nsw.gov.au/#/view/act/2003/43, accessed 5/12/2016

Food Regulation 2015 – www.legislation.nsw.gov.au/#/view/regulation/2015/622, accessed 1/12/2016

Food Standards Code including:

[Standard 3.2.2 – Food Safety Practices and General Requirements](#)

[Standard 3.2.3 – Food Premises and Equipment](#)

[Standard 3.2.1 – Food Safety Programs for Food Service to Vulnerable](#)

[Persons](#) – www.foodstandards.gov.au/code/Pages/default.aspx, accessed 5/12/2016



Key Resources

- NSW Health *Munch & Move* program resources available on the Healthy Kids website www.healthykids.nsw.gov.au
- *Caring for Children: Birth to 5 years (Food, Nutrition and Learning Experiences)*, NSW Ministry of Health, 2014
- *Infant Feeding Guidelines*, 2012, www.eatforhealth.gov.au
- *Australian Dietary Guidelines*, 2013, www.eatforhealth.gov.au
- *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th edition), 2013.
- NSW Food Authority information for children's services www.foodauthority.nsw.gov.au/retail/childrens-services
- Food Standards Australia, for information on food safety and food handling www.foodstandards.gov.au.
- Anaphylaxis Australia www.allergyfacts.org.au
- *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th edition), 2013.



Bottle chart book should be collated according to the following order.

1. Cover page
2. Nutrition policy -Encouraging healthy eating and supporting breast feeding policy
3. Empty templet (make copy for at least three months)