



HEALTH & SAFETY:

NUTRITION, FOOD & BEVERAGES, DIETARY REQUIREMENTS

PURPOSE

The purpose of this Nutrition Policy is to ensure that our service promotes healthy eating habits and provides nutritious food and beverages to support the health, development, and wellbeing of all children. This policy establishes guidelines for menu planning, food provision, nutrition education, and collaborative partnerships with families to foster positive lifelong eating habits.

SCOPE

This policy applies to:

- All children enrolled at the service
 - All educators, staff, and volunteers involved in food preparation and service
 - Approved providers and nominated supervisors
 - Families and visitors providing food for children
 - All meals, snacks, and beverages provided by the service
 - Special events, excursions, and celebrations involving food
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LEGISLATIVE REQUIREMENTS

This policy is based on the following legislation and standards:

- **Education and Care Services National Law Act 2010**
- **Education and Care Services National Regulations 2011** - Regulations 77, 78, 79, 80
- **National Quality Standard (NQS)** - Quality Area 2: Children's Health and Safety
- **Food Act 2003 (NSW)**
- **Food Regulation 2015 (NSW)**
- **Work Health and Safety Act 2011**
- **Australian Dietary Guidelines (2013)**
- **Infant Feeding Guidelines (2012)**
- **Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood**

National Quality Standard (NQS) - NSW Specific Legislation

Quality Area 2: Children's Health and Safety

This policy directly supports the following NQS elements:

Standard 2.1: Health



- Element 2.1.1: Each child's health and physical activity is supported and promoted
- Element 2.1.3: Healthy eating and physical activity are promoted and appropriate for each child

Relevant National Regulations:

- **Regulation 77:** Health, hygiene and safe food practices
 - **Regulation 78:** Food and beverages
 - **Regulation 79:** Service providing food and beverages
 - **Regulation 80:** Weekly menu
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KEY DEFINITIONS

Australian Dietary Guidelines: Evidence-based recommendations for healthy eating to promote health and wellbeing, reduce the risk of diet-related conditions, and reduce the risk of chronic disease.

Balanced diet: Eating a variety of foods from the five food groups in the recommended amounts.

Discretionary foods: Foods and drinks high in saturated fat, added sugars, added salt, or alcohol that are not necessary for a healthy diet.

Food groups: The five food groups include vegetables and legumes, fruit, grain foods, lean meats and alternatives, and dairy products.

Menu planning: The process of designing and documenting meals and snacks that meet nutritional guidelines and regulatory requirements.

Nutrition: The process of providing or obtaining the food necessary for health and growth.

Serve/portion size: The amount of food recommended for children based on age and developmental stage.

POLICY STATEMENT

Our service is committed to promoting the health and wellbeing of all children through the provision of nutritious food and beverages and education about healthy eating practices. We recognize that good nutrition is essential for children's growth, development, learning, and overall wellbeing.

1. Nutritional Standards

The service will:

- Provide food and beverages based on the Australian Dietary Guidelines and Get Up & Grow resources
- Display a weekly menu showing all meals and snacks
- Include foods from all five food groups daily
- Provide fresh drinking water at all times



- Limit discretionary foods and sugary beverages
- Offer age-appropriate portion sizes
- Accommodate cultural food preferences and practices where possible

2. Nutrition Education

The service will promote positive eating behaviours by:

- Incorporating nutrition education into the educational program
- Involving children in food preparation and cooking experiences
- Creating a pleasant, social mealtime environment
- Educators modelling healthy eating practices
- Encouraging children to try new foods without pressure
- Respecting children's hunger and satiety cues

3. Family Partnerships

The service will collaborate with families by:

- Sharing information about nutrition and the service's approach to healthy eating
- Consulting families about cultural food preferences and practices
- Providing resources and information about healthy eating at home
- Welcoming feedback about menu planning and food provision

RELATED POLICIES AND PROCEDURES

- Food Safety and Hygiene Policy
- Dietary Requirements Policy
- Food and Beverages Policy
- Anaphylaxis Management Policy
- Medical Conditions Policy
- Excursion Policy
- Work Health and Safety Policy

REFERENCES AND RESOURCES

- ACECQA - Guide to the National Quality Framework (2024)
- Australian Dietary Guidelines (NHMRC, 2013)
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood (Department of Health)
- Infant Feeding Guidelines (NHMRC, 2012)
- NSW Food Authority - Food Safety Guidelines
- Munch & Move NSW - Healthy eating and active play resources



- Nutrition Australia - www.nutritionaustralia.org

POLICY REVIEW

This policy will be reviewed:

- Every two years as part of the service's policy review cycle
- Following any significant incident or issue relating to nutrition
- When there are changes to relevant legislation or regulations
- When requested by the Approved Provider, Regulatory Authority, or stakeholders

Families, staff, and the community will be consulted during the review process. The review will consider feedback, incident reports, current research, and best practice guidelines.

Date policy was last reviewed: 30/12/2026

Date for next review: 30/12/2028

Reviewed by: Director