



LOCK AREA SCHOOL

WITH HEAD, HEART AND HAND

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Government
of South Australia
Department for Education

LELC Healthy Nutrition, Food and Beverages, and Dietary Requirements Policy and Procedure

Please note, this policy and procedure must be read in conjunction with other relevant policy and procedural information provided on the approved provider's website, including:

- [Nutrition and dietary requirements in preschool \(edi.sa.edu.au\)](http://edi.sa.edu.au)

Legislative Requirements

The Healthy food, nutrition and beverages, and dietary requirements policy and procedure will ensure that the health and wellbeing of children is safeguarded and promoted in line with the Education and Care Services National Regulations (National Regulations) and National Quality Standard (NQS) for education and care services.

[Education and Care Services National Regulations](#) – relevant references

Reg. 77	Health, hygiene and safe food practices
Reg. 78	Food and beverages
Reg. 79	Service providing food and beverages
Reg. 168 (2) (a) (i)	Education and care service must have policies and procedures – nutrition, food and beverages, dietary requirements

[National Quality Standard](#) – relevant references

Quality Area 2	Children's health and safety
Standard 2.1	Each child's health and physical activity is supported and promoted.
Element 2.1.3	Service providing food and beverages

Policy Statement

The purpose of the Healthy nutrition, food and beverages, and dietary requirements policy and procedure at Lock Area School/Lock Early Learning Centre is to ensure we promote and educate children and families about healthy lifestyles for each child to reach their full potential, whilst showing respect to cultural, family values and health care needs. We believe that early childhood is an important time for establishing lifelong, healthy eating habits. As part of our commitment to this, all educators will role model food safety and hygiene practices with children and families.

Scope

This policy and procedure applies to all children, families, staff, management and visitors of Lock Early Learning Centre.

Background

Nutrient-dense foods support the entire body, including the brain, providing children with the energy needed to learn, practice new skills, and develop a strong immune system to maintain their health. Our service is committed to following the National Health and Medical Research Council's (NHMRC) daily food requirements for children under five.

Correct food safety practices are integral to the provision of safe food for children (National Quality Standard (NQS), Quality Area 2, Children's Health and Safety).

We believe in educating and instilling healthy balanced views on nutrition and food and that this will have a

profound impact on children's immediate and long-term health. Providing a range of nutrient dense foods for children to explore will expand their food varieties and encourage them to enjoy eating.

Principles that Inform Our Policy and Procedure

We are committed to educating and providing information relating to healthy eating that is evidenced-based and therefore, we reference the following resources:

- [Healthy eating resources for early childhood educators](#) - SA Health promotes that 'when children consume delicious healthy food and drinks, they learn better, focus better, and are more likely to grow and develop to their full potential'.
- [Australian Dietary Guidelines](#) - The Australian Dietary Guidelines and the Australian Guide to Healthy Eating provide up-to-date advice about the amounts and kinds of foods that we need to eat for health and wellbeing.
- [Educators Guide](#) - The Educator Guide helps us promote healthy eating patterns in our teaching.

We prioritise children's health, safety and wellbeing. This includes safe practices for handling, preparing and storing food, as well as providing food and beverages that are nutritious and adequate in quantity, and chosen based on each child's dietary and medical requirements.

We promote a healthy lifestyle, including healthy eating and physical activity. We support children and families' understanding about the importance of nutrition and food choices.

We value our families and their cultures, customs and religious traditions. We work with them to ensure that the food and beverages we provide to their children reflect their preferences.

We incorporate children's agency and decision-making into our educational program. We plan mealtimes and other food-related experiences that enable this.

Resources

- Australian Children's Education & Care Quality Authority (2014).
- Guide to the Education and Care Services National Law and the Education and Care Services.
- National Regulations 2015.
- Guide to the National Quality Standard.
- Early Years Learning Framework.
- Food Standards Australia New Zealand.
- Safe Food Australia, 2nd Edition. January 2001.
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood.
- Infant Feeding Guidelines 2012.
- Australian Dietary Guidelines.
- [Eat for health: Educators guide](#)
- [NHMRC website](#)
- Food Safety Standards for Australia.
- [Healthy eating in the national quality standards](#)
- [Australian 24-hour movement guidelines](#)
- [Dietary guidelines in pictures - Raising children](#)

Procedure Guidelines

- Educators will provide a variety of physical experiences both inside and outside for all children.
- Physical experiences will cater for all children's interest, needs and abilities.
- Educators will plan and respond to spontaneous opportunities to teach children about the benefits of physical activity.
- Our service will provide a suitable place for mothers to breastfeed.
- Resources will be made available to families such as brochures and information about healthy eating.
- We will ensure water is readily available and encourage children to drink regularly throughout the day.

- We will encourage children to eat a variety of healthy foods and monitor their food and beverages intake for the day.
- All staff will be made aware of and sensitively respond to children with food allergies, medical nutritional needs and culture needs of children and families.
- We will provide nutrition education programs and physical development educational programs for all children.
- We will encourage parents to the best of our ability to continue our healthy eating message in their homes.
- We will encourage children to participate in food preparation where appropriate.
- We will encourage children to participate in the maintenance of the vegetable garden and embed the importance of healthy eating and physical activity in everyday practices.
- We will communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- When required and throughout the year, we will provide information to families on the types of foods and drinks recommended for children and suitable for children's lunch boxes.
- We will have the NHMRC Australian Dietary Guidelines available to read.
- Educators will plan and take spontaneous opportunities to teach children about the benefits of good food practice.

Induction and Training of educators

To ensure educators and other staff (including casual and relief staff) understand and implement the appropriate Nutrition, food and beverages, dietary requirements policy and procedures, we will:

- have the Policies and Procedures folder easily accessible for all staff (including relief staff) to read and reference when needed
- implement a thorough induction process for all staff at the commencement of their employment
- plan a schedule for regularly reviewing this document with the whole staff team.

Roles and Responsibilities

Roles	Responsibilities
Nominated supervisor (Preschool Director)	<ul style="list-style-type: none"> • ensure that regulatory obligations are met in relation to nutrition, food and beverages, and dietary requirements. • implement procedures for nutrition, food and beverages, and dietary requirements. • ensure adequate health and hygiene practices are followed, as well as safe practices for handling, preparing and storing food, in line with Australian food safety standards and any jurisdictional requirements. • ensure children have access to safe drinking water at all times and are offered food and beverages appropriate to each child's needs on a regular basis throughout the day. • ensure the food and beverages provided are nutritious and adequate in quantity and chosen based on each child's dietary requirements (accounting for their growth and development needs, as well as any specific cultural, religious or health requirements). • ensure that child enrolment records include any special considerations for the child, such as cultural or religious dietary restrictions, as well as any health-related dietary restrictions. • for children with medical conditions that can be impacted by food, work with families to develop risk minimisation plans and ensure educators and staff implement these plans. • ensure that a system for ongoing communication is developed and maintained between families and educators so that all are aware of children's nutrition and any special dietary requirements.

	<ul style="list-style-type: none"> develop program planning that promotes healthy eating and knowledge of nutrition by children and families and involves children in decision-making about healthy food and beverage choices.
Educators	<ul style="list-style-type: none"> implement the Nutrition, food and beverages, dietary requirements policy and procedures. handle, prepare and store food using safe practices, in line with Australian food safety standards and any jurisdictional requirements. ensure safeguards are in place to prevent children being provided the wrong food. ensure children have access to safe drinking water at all times and are offered food and beverages appropriate to each child's needs on a regular basis throughout the day. monitor children's food and beverage intake to ensure it is adequate and appropriate to each child's needs. be familiar with the individual needs and action plans for the children in your care with specific dietary requirements, and ensure those requirements are taken into consideration, including on excursions. maintain ongoing communication with families and other members of staff (including the Nominated Supervisor) about any changes to children's dietary requirements. implement and reflect on program planning to: <ul style="list-style-type: none"> promote healthy eating and knowledge of nutrition by children, e.g. eating with the children, conversations during mealtimes around food. promote healthy eating among families. involve children in decision-making about healthy food and beverage choices, e.g. having them assist with food preparation.
Families	<ul style="list-style-type: none"> ensure the service is advised of their child's dietary requirements – relating to their child's growth and development needs, as well as any specific cultural, religious or health requirements – at the time of enrolment, and that this information is kept up to date. should their children have a medical condition that can be impacted by food, work with the service to develop risk minimisation plans. when providing food and beverages from home, ensure these are nutritious and plentiful and that they are in line with service requirements (e.g. that they do not contain allergens that could harm other children at the service), noting that the service is not required to serve food and beverages from home to children.
Volunteers	<ul style="list-style-type: none"> implementing the Nutrition, food and beverages, dietary requirements policy and procedures. under close supervision of an educator at all times.

Policy and Procedure creation and revision record

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