

NUTRITION AND FOOD SAFETY POLICY

Playford Primary OSHC and Vacation Care considers nutrition to be an important factor in the healthy development of children. The service follows the Australian Guide to Healthy Eating when preparing meals for the children. Food and beverages provided are nutritious, varied and consider the cultural, religious and health requirements of the children accessing the service.

Nutritious, varied and age appropriate food are provided and are consistent with the Australian Guide to Healthy Eating. Foods high in sugar, salt and fat are discouraged from our menu.

Snack times are social events where children and staff can enjoy food in a relaxed manner. Educators will model and reinforce healthy eating practices with the children at snack/meal times. The menu is on display in the kitchen and the daily fruits and snack is displayed on the board next to sign-in. Drinking water is available to everyone throughout the day. Children are also encouraged to bring their own drink bottles from home with water.

Menus

The Director plans the menu on a fortnightly rotation.

- Menus are planned and varied
- Mealtimes will provide children with the opportunity to develop an interest and taste in a variety of foods
- Any dietary requirements – cultural and allergy – are catered for each day
- Food is prepared and cooked on OSHC premises daily
- Children's choices are respected, and they will not be made to eat something they do not want to. We do encourage children to try new things
- Children must always be seated when eating

Food Safety

OSHC is compliant with the food handling practices contained in Australian Food Safety Standards. Educators must have completed the I'm Alert in Food Safety training.

- All surfaces are cleaned before and after meal with the appropriate sanitizer
- Food is prepared and stored hygienically
- Children and Educators always wash hands with liquid soap prior to food preparation and eating. Tongs are used for serving food
- Antibacterial wipes and/or liquid hand sanitisers are taken on excursions if suitable hand washing facilities are not available
- Left over foods will be labelled and stored correctly
- Safe eating practices will be followed to reduce the risk of choking
- Staff are aware of constantly changing nutrition information and continue to adjust the menu as necessary

Nut Allergy Awareness

Playford Primary School OSHC is a Nut Aware centre and adheres to the following guidelines.

- No peanut butter, Nutella, fresh nuts (especially peanuts) or food cooked in peanut oil are served to the children
- Families are informed not to bring any food containing nuts
- Signage is displayed around the service

Special Dietary Requirements

Playford Primary School OSHC ensures the needs of children with special dietary requirements are met.

- When necessary, educators will attend professional development on children's dietary needs or seek information from relevant organisations (for example Diabetes SA, Anaphylaxis)
- Where a child has special needs, the service will work with the child and their family to develop a plan to meet the child's needs
- Educators discuss individual dietary requirements of children at staff meetings and how they can cater for their needs, e.g. nut/egg/dairy allergies or intolerances, coeliac disease, diabetes, vegetarians and religious/cultural requirements
- Upon enrolment parents, fill in paperwork to state if their child has any Food/Dietary requirements and must provide details. This information is displayed in the kitchen

Note: Please do not send lunches that require heating or cooking. We don't have the capacity to heat everyone's lunch in the short time allocated. Thank you.

Sources

Australian Children's Education & Care Quality Authority. (2021). [Nutrition, food and beverages, dietary requirements Policy Guidelines.](#)

Australian Government Department of Education. [My Time, Our Place- Framework for School Age Care in Australia. V2.0, 2022](#)

Australian Government Department of Health *Eat for Health- The Australian Dietary Guidelines*
<https://www.eatforhealth.gov.au/guidelines>

Education and Care Services National Law Act 2010. (Amended 2023).

[Education and Care Services National Regulations.](#) (Amended 2023).

Food Act 2003

Food Authority NSW. (2023). [Food safety requirements for children's services in NSW.](#)

Food Regulation 2015

Food Safety Standards (Australia only). (2024): <https://www.foodstandards.gov.au/business/food-safety-standards>

Food Standards Australia and New Zealand Act 1991

National Health and Medical Research Council. Australian Dietary Guidelines 2013): <https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>

National Health and Medical Research Council. Department of Health and Ageing. Infant Feeding Guidelines. (2013):
https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

National Health and Medical Research Council. Eat for health: <https://www.eatforhealth.gov.au/>

NSW Food Authority: <http://www.foodauthority.nsw.gov.au/>

The Australian Dental Association: <https://www.ada.org.au/Home>

The Department of Health. Get Up & Grow: [Healthy Eating and Physical Activity for Early Childhood – Staff/Carers Book](#)



Government of South Australia
Department for Education

National Law and Regulation	National Quality Framework
Regulation 77 Health, hygiene and safe food practices	QA 2.1.3 Healthy lifestyle
Regulation 78 Food and beverages	QA 6 Collaborative partnerships with families and communities
Regulation 79 Services providing food and beverages	My Time, Our Place Framework Outcome 3 Children take increasing responsibility for their own health and physical wellbeing
Regulation 80 Weekly menu	Early Years Learning Framework Outcome 3 Children take increasing responsibility for their own health and physical wellbeing

REVIEW

POLICY REVIEWED BY	Jason Sheehy	Principal	01/12/2025
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