



Policy No: CE-POL-017/-2.1/2013

# Healthy Food and Nutrition Policy

**Custodian:** Management  
Committee

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**Version No:** 2.1

**Approved By:** Burcu Subasi  
Chairperson

**On behalf of the Management  
Committee.**

**Approval Date:** 19/11/25

**Next Review Date:** 19/11/28

**Supersedes:**  
Healthy Food supply and  
Nutrition Policy Version 2

## 1 Purpose:

Children have a right to good quality, nutritious food and the right to enjoy this food in a supportive, social environment. C.a.F.E. Enfield Children's centre promotes safe, healthy eating habits. We aim to provide the opportunity for children to receive a minimum of 50% of the recommended daily food intake (based on the Australian Dietary guidelines) to help them grow, develop and maintain healthy bodies.

## 2 Scope:

Approved Provider (at this service we have 2  
Approved Providers-DfE and the Management  
Committee)  
Nominated Supervisor  
Responsible Persons  
Cook & Educators  
Parents & Children  
Students & Volunteers

## 3 Supporting Documents:

[Child Health Policy](#)  
[Food handling and storage policy](#)  
[Medication Policy](#)  
Medically Modified diet plan form (medical reasons)  
Special diet plan form (non medical reasons)  
Health Support Agreement  
Safety Risk Management Plan  
[NHMRC Guidelines for infant feeding](#)  
[Parent Handbook](#)

## 4 Policy Details:

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 this. We only use Halal meat products at the Centre.
- We provide a safe, supportive and social environment in which children can enjoy eating with their peers and educators in an unhurried way.
- All meal times are directly supervised by an educator who sits with children
- We communicate effectively with parents, caregivers and families about their child's food and nutrition.
- Food and nutrition are incorporated in the curriculum.
- We support breast feeding and breast milk provision.
- We facilitate bottle feeding
- We celebrate special occasions without using food
- We are an allergy aware Centre, and cater for the special dietary needs of children in consultation with parents and the appropriate medical professionals. To support this we have a "No Food from Home" approach, and we reinforce the message that we supply all of the child's food for their time in care
- Individual Action plans and health support agreements are in place for children at risk of food related allergies & anaphylaxis and these are regularly checked and updated.
- Emergency medications are stored in easily accessible places.
- NHMRC encourages, supports and promotes exclusive breastfeeding until around 6 months and to continue breastfeeding with appropriate complementary foods until 12 months of age and beyond, for as long as the mother and child desire.
- Where this is not possible, infant formula is the safest alternative for infants under 12 months. From around 6 months, infants should be offered a range of foods of an appropriate texture and consistency for their developmental stage.

## 5 Procedures:

**We provide food and drink that is varied, nutritious and culturally diverse.**

- Food provided is consistent with the Australian Dietary Guidelines for Children and Adolescents (NHMRC 2013).
- The Menu offered is low in salt and added sugar & provides at least 50% of the Recommended Daily Intake of key nutrients for children. Seasonal availability of foods will be taken into consideration when planning menus.
- Food is provided in a safe and hygienic manner in accordance with the Centre's Food Safety Program.
- Food provided is developmentally appropriate for children, encourages independent eating and offers a variety of textures and garnishes.
- Water is the main drink and is available at all times. Full cream milk will also be offered as an alternative at morning and afternoon tea times (not for infants less than 12 months of age). Nonn-dairy alternatives are available for children with allergy considerations.
- Eating opportunities for children outside of the main menu include food such as fresh fruit, dried fruit, dry biscuits with spread or cheese, bread or fruit loaf.

**We provide a safe, supportive and social environment in which children can enjoy eating.**

- Children will be seated and supervised whilst eating at all times. Educators will provide support, positive encouragement and role modeling by sitting with the children and, where possible, eating the same food
- Children are encouraged to at least taste the meal before being offered an alternative. Children are never forced to eat a meal.
- Precautions to prevent the threat of choking are known by all staff and implemented.
- Food will not be accepted from home as we cannot provide the appropriate storage and certain foods can put other children at risk of anaphylaxis. "No Food from home" notices will be displayed at the entrance to the Centre, and included in parent handbooks.
- All staff will receive regular training in Safe Food Handling practices (using training approved by the City of Port Adelaide Enfield Council).

**We communicate effectively with parents, caregivers and families about their child's food and nutrition.**

- A positive relationship is encouraged with the centre's cook.
- A 5-week rotating menu is provided, outlining the daily food and drinks on offer, including snacks. The daily menu may occasionally be varied based on the availability of ingredients, or when appropriate. The menu will be reviewed at least every 3 months.
- Families' opinions, cultural and religious preferences are considered in planning the menu.
- Menus are displayed in each room and families have access to recipes upon request.
- Families will receive information about the Centre's Healthy Food and Nutrition Policy prior to enrolment and during orientation visits. This policy is also available on our website & in the main foyer.
- Nutrition information and recipes are accessible to families, in the form of flyers, news items, pamphlets, guest speakers and surveys.
- Staff will communicate with parents verbally and/or in writing about their child's daily food intake:
  - Yitpi Tarnanthi room: a communication book for each child
  - Karra room: a daily communication sheet for the group
  - Kangkulya Room: children are encouraged to begin sharing information themselves dependent upon their level of language development.

**We incorporate Food and Nutrition in the program.**

Educators will:

- Include food and nutrition in planned and spontaneous experiences, and will link weekly menu to programmed experiences.
- Source and discuss food experiences from a variety of cultures.
- Utilize mealtimes as an opportunity for social learning and to develop skills such as children serving themselves, pouring drinks and cleaning up after meals.
- Discuss food safety with children.
- Provide practical food experiences such as simple cooking, growing vegetables, and re-cycling food scraps via composting, worm farms & feeding the animals.

**We cater for the Special Dietary Needs of children in consultation with parents, caregivers and the appropriate medical professionals.**

- Special diets for cultural or religious reasons will be discussed and negotiated with parents and/or caregivers. Parents will be asked to complete a *Special Diet Plan* which will be reviewed as required.
- In recognition of the cultural and religious diversity of our Community:
  - Lamb & chicken are the only meats used at the Centre.
  - All meat used at the centre is supplied by a Halal butcher. No processed cold meats (eg ham, bacon) are used.
- Families are informed prior to enrolment about what dietary support the Centre can provide.

Photo health cards of children with special dietary needs are displayed in the dining/serving area of each room/group and on food service trolleys. **We are an Allergy Aware Centre**

We aim to minimise risks associated with food related allergy & anaphylaxis in the following ways:

- We do not use [nuts or products containing nuts](#) in food preparation at the Centre
  - We have a “No Food from Home” approach , and we reinforce the message that we supply all of the child’s food for their time in care
  - We have at least 1 educator onsite at all times who is trained in emergency asthma & anaphylaxis management.
  - All educators undertake food safety training and online Anaphylaxis training prior to starting their employment and this is updated regularly to ensure safe food handling practices and the importance of avoiding cross-contamination
  - The Assistant Director and Cook are responsible for the Food Safety Program at the Centre. When purchasing stock, the cook checks ingredients lists on products to minimise possible exposure to triggers.
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- Special diets for diagnosed medical reasons will be discussed with parents. The Centre will provide the parents with all relevant **Health Care, Diet and Medication plans** to be completed and signed by a Doctor (Copies of these plans are available from the office). Together, parents and the Team Leader will complete a Health Support Agreement and Safety & Risk Management Plan These forms must be returned to the Centre **before the child can start care**. (refer to [Child Health Policy](#) for more information)
  - It is the parent’s responsibility to ensure that plans are kept up to date and to notify staff of any changes. Plans will be located in children’s emergency files and a copy also kept in the kitchen.
  - Children diagnosed with a food allergy or intolerance requiring medication will be asked to supply the medication. (see [Medication Policy](#) for further details.).
  - In some cases we may ask that parents supply the alternative foods, in consultation with the Director and the cook.

**We celebrate special occasions with your family without using food.**

Birthdays and special celebrations will be acknowledged using non-food items.

“Celebrations do not have to focus on food – there are other ways to celebrate. For example, on their birthdays, the group can sing ‘Happy Birthday’, the children can wear a special party hat or a birthday badge or sticker. Other occasions can be celebrated through art or craft activities where children paint, draw or make something, dress up or decorate in a special way.” (Get up and Grow 2014)

## **We support Breast feeding and breast milk provision.**

- The Centre supports breast feeding mothers and breast milk provision.
- Mothers who are breast-feeding are welcome to breast feed in her child's room/group, in an area most comfortable for her to do so.
- Expressed breast milk can be brought in fresh or frozen.
- Procedures for storing, thawing and warming of breast milk (as recommended by the [Australian Breastfeeding Association](#)) are attached to this policy.

## **We facilitate Bottle feeding.**

- We ask that parents supply bottles from home clearly labeled with the child's name.
- If formula is required, we ask parents to supply this in powder form, with written instructions provided to staff. Bottles will be prepared by educators at the Centre in line with current Infant Feeding Guidelines.
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- The NHMRC [Infant Feeding Guidelines \(2012\)](#) do not recommend animal milks (including cow's milk) are fed to infants less than 12 months as the main drink. This is based on the potential harm to infants from an increased risk of iron deficiency anaemia from consuming animal milk under 12 months of age.
- Guidelines for preparation and warming of infant formula are attached to this policy (as recommended by [Food Standards Australia New Zealand](#)).
- Breast milk or infant formula should be continued while introducing complementary foods. Other drinks, except cooled boiled tap water, should be avoided until the infant is 12 months old. Pasteurised full cream cow's milk may be introduced to toddlers' diets around 12 months of age, noting special milks for toddlers are not required for healthy children.

## **On enrolment of their child, the parents will be:**

- Informed of the Nutrition Policy.
- Informed not to bring any food from home to the Centre
- Informed that the Centre is Allergy aware.
- Asked to provide information about what foods the child has been introduced to (specifically in the Yitpi Tarnanthi Room).
- Requested (if necessary) to complete a *Special Diet Plan* for any non-medical dietary needs, or provide a *Health Care Plan with Modified Diet Plan* completed by a GP or dietician for any diagnosed medical reasons.

## **6 Related Legislation and Regulations**

Education and Care Services National Law

Education and Care Services National Regulations

Reg 77	Health, hygiene and safe food practices
Reg 78	Food and beverages
Reg 79	Service providing food and beverages
Reg 80	Weekly menu
Reg 162	Health information to be kept in enrolment record
Reg 168	Education and care service must have policies and procedures
Reg 170	Policies and procedures to be followed
Reg 171	Policies and procedures to be kept available
Reg 172	Notification of change to policies or procedures

## 7 Definitions of Terms:

Term	Meaning
<b>Dietary requirements</b>	Food and beverages provided by a service must have regard to individual children's dietary requirements, meaning: <ul style="list-style-type: none"><li>• each child's growth and development needs</li><li>• any specific cultural, religious or health requirements.</li></ul>
<b>Food safety</b>	Safe practices for handling, preparing and storing food to minimise risks to children
<b>GP</b>	General Practitioner
<b>NHMRC</b>	National Health & Medical Research Council
<b>RDI</b>	Recommended Daily Intake

## 8 References:

Australian Dietary Guidelines (2013)- National Health and Medical Research Council, accessed on line 23/10/25at url:

<https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines>

Australasian Society of Clinical Immunology & Allergy, accessed online 28/10/25at url: <https://www.allergy.org.au>

Eat for Health 'Infant Feeding Guidelines' summary, NHMRC, 2013, Australian Government, Department of Health and Ageing accessed on line 28/10/25 at url: [https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n56b\\_infant\\_feeding\\_summary\\_130808.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf).

Feed Australia Website, Australian Government Department of Health, accessed on line 24/4/22 at url <https://www.feedaustralia.org.au/>

Food Standards Australia New Zealand website, accessed on 28/10/25 at url: <https://www.foodstandards.gov.au/sites/default/files/2024-09/How%20to%20safely%20prepare%20and%20store%20your%20infant%20formula.pdf>

Get Up and Grow: Healthy Eating and Physical Activity, Director's Book, Australian Government Department of Health & Ageing, 2015

"How to safely store and prepare your infant formula": information for parents and carers", Food Standards Australia New Zealand, accessed on line 28/10/25 at url:

<https://www.foodstandards.gov.au/sites/default/files/2024-09/How%20to%20safely%20prepare%20and%20store%20your%20infant%20formula.pdf>

"Preparing Expressed Breastmilk", Australian Breastfeeding Association website, accessed online 28/10/25 at url:

<https://www.breastfeeding.asn.au/resources/preparing-ebm>



## 9 Reviewing Strategy and History:

Review should be conducted every 3 years to ensure compliance with this procedure

Version No.	Reviewed By	Approved By	Approval Date	Review Notes
1	Management Committee	Liam Fudali -Chairperson	1/05/13	Initial approval in new format Policy renamed
1.1	Management Committee Educators	Josephine Salisbury -Chairperson	9/12/15	minor changes Update referencing
1.2	Management Committee Educators Families	Melissa Smithen -Chairperson	21/3/18	Minor changes
1.3	Management Committee Educators Families	Natarsha Partington -Chairperson	22/7/20	Title changed from “Healthy Food Supply and Nutrition” Minor content changes Inserted paragraph within “special occasions” Updated referencing & Review history
2	Management Committee Educators Families	Alison Curtis Chairperson	21/9/22	Major changes to Policy details Inserted section “Allergy aware Centre” Updated referencing and review history Changed review schedule to 3 years
2.1	Management Committee Educators Families	Burcu Subasi Chairperson	19/11/25	Minor content changes Inserted updated statements about breastfeeding and bottle feeding Updated referencing and review history