St Joseph's Outside School Hours Care

Our centre aims to offer a program that ensures the health, nutrition and wellbeing of all children. Healthy eating habits are vital to good health and start to develop from an early age.

Parents/guardians are to be instructed not to send food which may endanger those with special dietary needs (e.g. peanut butter or food containing peanuts).

Social interactions will be encouraged during meal and snack times. Staff will sit with children at meal times discuss food being served, promote hygienic self-help practices, and use positive strategies to promote children’s interest in foods and good eating habits.

Families will receive information about food and nutrition in the centre’s orientation and throughout the year with additional information sourced from recognised health authorities.

Families’ religious and cultural beliefs will always be respected.

Special occasions will be celebrated with culturally appropriate food where possible and through negotiation with families.

Food and nutrition activities are incorporated into children’s planned learning experiences. Activities will include children’s shows about healthy foods, dental health activities, stories, visual displays of foods, home corner food props and talking to children about what foods help their body grow.

Individual needs for quantity and timing will be considered in meal schedules and planned in the best interests of the children.

Our centre encourages positive eating experiences, through:

- Eating experiences, in happy and social environments
- Activities that promote an understanding of healthy eating practices and cultural influences
- Access to clean drinking water at all times
- Menus and food that is healthy, diverse and balanced
- Menus and food which will expose the children to cuisine from different cultures
- The provision of nutritional food and snacks

Food supplied from the centre will be nutritious and prepared and stored in a safe and hygienic manner, complying with all laws and regulations, including the Food Act 2006.

Our centre will display a menu that will meet the requirements as outlined in Nutrition Australia’s Dietary Guidelines for Children and Adolescents in Australia.

Parents will be consulted on a regular basis about their child’s food interests, dietary requirements and eating habits.

The centre enrolment form and annual updates of care plans will provide records of food likes and dislikes as well as food allergies (applicable to those centres that provide food).

- Details of restrictions will be noted on the enrolment from management plan and passed on to staff.
- Where children are on “special” diets, staff will negotiate with parent/guardian and where necessary the meal will be supplied from home.

Menu feedback will be sought from parents, staff and children. Ideas for new food experiences will be included in menu plans. Menus will reflect the multicultural nature of the community.

Food preparation and interest activities will be included in the menu planning for centres where food is supplied.