



Outside School Care NT

OSC-NT. 18 – Healthy Eating Policy

Policy Description	This document outlines the guidelines to be followed by OSC NT staff when developing weekly menus in order to ensure that a variety of healthy and nutritious snacks are provided.
1.0 Weekly Menu	<p>Each service develops a weekly menu for breakfast, morning or afternoon snacks that will be provided at OSC NT services.</p> <p>The weekly menu will be published to parents by:</p> <ol style="list-style-type: none">Displaying prominently at the service (i.e located where parents sign in/sign out children) andBy delivering by email a soft copy version of the menu (i.e a Word or PDF document)
2.0 Preparing Menu's in conjunction with 'The Australian Dietary Guidelines'	<p>OSC NT menus will be developed in conjunction with children, parents/guardians and will be in line with The Australian Dietary Guidelines - which have information about the types and amounts of foods, food groups and dietary patterns that aim to:</p> <ol style="list-style-type: none">promote health and wellbeing;reduce the risk of diet-related conditions, such as high cholesterol, high blood pressure and obesity; andreduce the risk of chronic diseases such as type 2 diabetes, cardiovascular disease and some types of cancers. <p>The Australian Dietary Guidelines are for use by health professionals, policy makers, educators, food manufacturers, food retailers and researchers, so they can find ways to help Australians eat healthy diets.</p> <p>Guideline 1 To achieve and maintain a healthy weight, you should be physically active and choose nutritious food and drinks to meet your energy needs. Children and adolescents should eat sufficient nutritious foods to grow and develop. They should be physically active every day and their growth should be checked regularly.</p> <p>Guideline 2 Enjoy a wide variety of nutritious foods from these five groups every day:</p> <ol style="list-style-type: none">Vegetables and legumes/beansFruitGrain (cereal) foods, mostly wholegrain and/or high cereal fibre varietiesLean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beansMilk, yoghurt, cheese and/or alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years) <p>Drink plenty of water.</p> <p>Guideline 3 Limit intake of foods containing saturated fat, added salt, added sugars and alcohol</p> <ol style="list-style-type: none">Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips and other savoury snacks.Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.Limit intake of foods and drinks containing added salt.Do not add salt to foods in cooking or at the table.

- e. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

Guideline 4

Care for your food; prepare and store it safely

OSC NT will encourage discussion on healthy eating and incorporate this into their programs, this will be done by:

- a. Displaying the healthy eating posters and brochures
- b. Encouraging discussion about menu options at group discussion time
- c. Activities promoting healthy eating and physical activity will be embedded into the program

Evidence will be documented and stored with the weekly program.



Reference: <https://www.nhmrc.gov.au/guidelines-publications/n55>

<p>3.0 Allergies or Dietary Requirements</p>	<p>Parent/Guardians have the opportunity to highlight any allergies or dietary requirements in their child/ren’s enrolment form. If specific dietary requirements are noted – these must be incorporated into the weekly menu.</p>
<p>4.0 Nut Aware</p>	<p>OSC NT sites are a NUT AWARE. No ground or tree nuts must be used in any of the offerings or brought on-site in packed lunches. This includes ingredients that may have been prepared on machinery that has come into contact with nuts. Any ingredients used that may include allergens will be highlighted in the menu and in the event of a child attending the service whom suffers from anaphylaxis the food product may be removed from the menu, this includes other severe food allergies, including:</p> <ul style="list-style-type: none"> - Dairy products - Seafood
<p>5.0 Access to safe drinking water</p>	<p>The location of the OSC NT sites means that children will have access to “water bubblers” at all times at the school sites. In the event that there is a temporary outage, at least six (6) litres of chilled sealed, bottled water will be kept refrigerator at all times.</p>
<p>Related Policy and Procedures, Forms and Checklists:</p>	<p>Fridge Temperature Checklist Food Preparation and Food Handling Policy</p>

Specific Information for Parents:	Weekly Menu
Sources/References:	<ol style="list-style-type: none"> 1. http://www.eatforhealth.gov.au 2. https://www.nhmrc.gov.au/guidelines-publications/n55 3. Australian Dietary Guidelines 4. Education and Care National Amendment Regulations 2017. Regulations 77, 78-80, 168(2)(a) 5. National Quality Standards February 2018. Quality Area 2.1, 2.1.3, 2.1.4, 2.2, 2.2.1, 2.3
Version Control/Updates:	<p>Version 3.0: June 2015</p> <p>To be reviewed and updated by: June 2016</p> <p>Version 4.0: November 2017</p> <p>To be reviewed and updated by: November 2018</p>

