

Nutrition, Food, Beverages and Dietary Requirements Policy and Procedures



Policy Statement

Our service supports children's health, safety, and wellbeing by ensuring that all food and beverages brought from home are safe, nutritious, and aligned with each child's dietary requirements. Our service is a nut-free Early Learning Centre. Families are responsible for providing their child's meals and snacks. We support families by supplying the Right Bite Food and Drink Supply Standards and encourage lunchboxes to include mostly Green category foods. The service ensures safe storage, supervision during mealtimes, and education around healthy eating.

Principles

- Families are responsible for supplying nutritious, nut-free meals for their children.
- No nuts or nut products are permitted at the service due to severe allergy risks.
- Families are encouraged to prioritise Green foods (fruit, vegetables, wholegrains, lean proteins, dairy, and water).
- The service provides safe storage and supervision of food.
- Educators role-model and promote healthy eating habits.

Healthy Eating and the Early Years Learning Framework (EYLF) 2.0

At our service, we embed **healthy eating and nutrition** into our daily practices and educational program in line with the **Early Years Learning Framework (EYLF) 2.0**. Through play-based learning and meaningful experiences, children are supported to make healthy food choices, develop independence, and understand the importance of caring for their bodies.

Healthy eating links directly to EYLF 2.0 outcomes:

- **Outcome 1: Children have a strong sense of identity** – mealtimes encourage belonging, cultural sharing, and confidence in making choices.
- **Outcome 2: Children are connected with and contribute to their world** – children learn about food from diverse cultures and sustainable practices, such as reducing waste.
- **Outcome 3: Children have a strong sense of wellbeing** – nutrition and active lifestyles are promoted to support physical health and emotional wellbeing.

- **Outcome 4: Children are confident and involved learners** – cooking, gardening, and food-prep activities foster problem-solving, curiosity, and fine motor development.
- **Outcome 5: Children are effective communicators** – children share ideas, stories, and knowledge about food, while also learning new vocabulary related to nutrition.

By weaving nutrition education into everyday experiences, we aim to give children the knowledge, skills, and habits to make healthy choices that will benefit them throughout their lives.

Procedures

1. Family Responsibilities

- Provide sufficient, nutritious and nut-free meals each day.
- Pack food according to the **Right Bite Traffic Light guidelines**, with an emphasis on **Green** category foods.
- Limit **Amber** foods and avoid **Red** foods.
- Clearly label all food containers with the child's name.
- Inform the service of any cultural, religious, or medical dietary requirements.
- Work with staff on risk minimisation plans if their child has allergies or medical conditions.

2. Service Responsibilities

- Enforce the nut-free policy and ensure families are informed of banned foods.
- Provide families with the Right Bite guide and encourage healthy, Green-based lunchboxes.
- Store food safely (e.g., refrigeration, bottle reheating).
- Provide active supervision during mealtimes and ensure children consume only their own food.
- Prevent food sharing to minimise risk of allergic reactions.
- Maintain open communication with families about nutrition and food safety.
- Provide safe drinking water at all times.

3. Mealtimes

- Educators ensure children receive their own food and do not share with others.
- Educators monitor for allergens and enforce the nut-free policy.
- Mealtimes are supervised and used as opportunities to encourage independence and promote healthy eating.

Parent Lunchbox Guide (Nut Free)

Green Category – Best Options

Encouraged daily (60% of lunchbox). Examples:

- Fresh fruit and vegetables
- Wholegrain sandwiches, wraps, pasta, rice
- Lean meats, chicken, eggs, tuna, legumes
- Reduced-fat dairy (milk, cheese, yoghurt)
- Water

✓ All must be nut-free. No peanut butter, Nutella, muesli bars with nuts, or nut-based snacks.

Amber Category – Choose Carefully

Occasional (up to 40% of lunchbox). Examples:

- Muffins (nut-free), small banana bread slice
- Crackers and cheese
- Low-sugar, nut-free muesli bars
- Small serves of dried fruit

⚠ Must be nut-free. Families should check labels carefully.

Red Category – Limit or Avoid

- Red 1 foods: cakes, biscuits, pizza, sausage rolls — for special occasions only.
- Red 2 foods: soft drinks, energy drinks, fried foods — not permitted.

✗ No nuts or nut products under any circumstances.

Procedure creation and revision record

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