



**TELOPEA PARK  
SCHOOL OSHC**  
A HOME AWAY FROM HOME

## **Nutrition and Food Handling Policy**

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**Previous Version**

N/A

**Updated Version**

Jan 2025

**Review Due**

January 2026

# 1 NUTRITION AND FOOD HANDLING POLICY

Teloopa Park School Out of School Hours Care (TPSOSHC) recognises the importance of healthy eating for the growth, development, and wellbeing of children. TPSOSHC is committed to promoting nutritious food choices, modelling positive mealtime practices, and aligning with national dietary guidelines to support healthy lifelong habits. This policy aligns with the *Munch & Move* key messages and the *National Healthy Eating Guidelines for Early Childhood Settings (Get Up & Grow)*.

## 2 LAW & REGULATION

### 2.1 NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: Children's Healthy and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.

### 2.2 EDUCATION AND CARE SERVICES NATIONAL REGULATIONS (AMENDED 2023)

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 169	Policies and Procedures
Reg 170	Policies and procedures to be followed
Reg 172	Notification of change to policies or procedures

### 3 PURPOSE

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TPSOSHC considers nutrition to be a vital component of healthy child development. Our practices are based on the *Australian Dietary Guidelines for Children and Adolescents* by the National Health and Medical Research Council. We support families to make informed, healthy choices for their children and aim to create a positive, inclusive, and safe mealtime culture.

### 4 SCOPE

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This policy applies to all staff, educators, management, children, and families engaged with TPSOSHC.

### 5 IMPLEMENTATION

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#### 5.1 Food Provision & Mealtime Practices

TPSOSHC will:

- Promote healthy food and drink choices based on the *Australian Guide to Healthy Eating*.
- Provide children with 50% of their recommended daily intake where food is supplied.
- Structure relaxed mealtimes where educators eat with children and engage in meaningful conversations.
- Role model healthy eating behaviours.
- Acknowledge and celebrate cultural dietary diversity.
- Avoid using food as punishment, reward, or bribe.
- Be patient with fussy eaters, encouraging but not forcing children to try new foods.
- Create a calm, inclusive, and unhurried mealtime environment.

#### 5.2 Food Safety & Hygiene

TPSOSHC will ensure:

- All food preparation areas comply with *Food Standards Australia New Zealand*.
- A food safety Supervisor is on site at all times where food is being served
- Gloves or tongs are used when handling ready-to-eat foods.
- Staff and children wash hands before handling food or eating.
- Safe food temperatures are maintained (under 5°C or above 60°C).
- Separate utensils are used for raw and ready-to-eat foods.
- Children are seated and supervised while eating.
- Children use utensils provided and not their hands.

## 6. GUIDANCE FOR FAMILIES

TPSOSHC will:

- Provide guidance on healthy lunchbox options (e.g., fruit, vegetables, whole grains, dairy, lean proteins).
- Discourage high-sugar, high-salt, and highly processed snacks (e.g., chips, lollies, chocolate bars, sugary muesli bars).
- Offer nutrition and food education resources through newsletters and displays.
- Collaborate with families to meet children's dietary requirements and create individual plans for allergies and intolerances.

## 7. EDUCATORS AND MANAGEMENT WILL:

- Monitor children's allergies, intolerances, and dietary needs.
  - Consult with families to develop relevant food management strategies.
  - Encourage nutritious choices before less nutritious foods during mealtimes.
  - Promote positive attitudes towards food through activities and cooking experiences.
  - Use the ACT Government "*Go For Green*" resource to guide food service and classification.
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## 8. LEARNING & PROGRAM INTEGRATION

TPSOSHC will:

- Embed healthy eating messages in everyday learning.
  - Provide hands-on food and gardening experiences through clubs and group activities.
  - Celebrate food as part of culture and sustainability education.
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## 9. COMMUNICATION WITH FAMILIES

TPSOSHC will:

- Provide families with a copy of the Nutrition Policy during enrolment.
- Invite feedback during policy reviews.

- Communicate regularly about children’s food-related experiences and encourage consistent messaging at home.
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## 10. CONTINUOUS IMPROVEMENT & REVIEW

The Nutrition Policy will be reviewed annually or in response to updates in legislation, community health recommendations, or feedback from families and staff.

## 11. SOURCES

- Australian Children’s Education & Care Quality Authority (ACECQA) – *Guide to the National Quality Framework* (2023)
- NHMRC – *Australian Dietary Guidelines* (2013, reaffirmed 2021)
- *Munch & Move* – NSW Health (2023 update)
- *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood* (Commonwealth of Australia)
- *Go for Green* – ACT Government & Nutrition Australia
- Food Standards Australia New Zealand
- Education and Care Services National Law and Regulations (Amended 2023)

## 6 REVIEW

POLICY REVIEWED BY	Shavaun Andreou	Director	23.09.24
POLICY REVIEWED	SEPT 2024	NEXT REVIEW DATE	JAN 2025
MODIFICATIONS	<ul style="list-style-type: none"> <li>N/A</li> </ul>		
POLICY REVIEWED	PREVIOUS MODIFICATIONS		NEXT REVIEW DATE
SEPT 2024	Development of Student and Volunteer Policy for Service.		JAN 2025