

## 5.6 Menu Development Policy

The service recognises and acknowledges the importance of providing food that is both nutritious and appropriate to the needs of the children in attendance. In collaboration with educators, children and families, a service menu will be developed, consistent with the Australian Dietary Guidelines and inclusive of children's health/medical issues relating to foods.



### Relevant Laws and other Provisions

The laws and other provisions affecting this policy include:

- *Education and Care Services National Law Act, 2010 and Regulations 2011*
- *Australian Dietary Guidelines (NHMRC 2013)*
- *Smart Choices Healthy Food and Drink Supply Strategy for Queensland Schools*
- *National Quality Standard, Quality Area 2 – Children's health and safety; Quality Area 1 – Educational program and practice*
- *Policies: 2.11 – Including children with special/additional needs, 3.1 – Educational Program Planning, 3.3 – Educators Practice, 3.14 – Valuing Diversity, Culture and Reconciliation, 4.10 – Anaphylaxis Management, 5.2 – Food and Nutrition, 5.3 – Food Act Compliance, 9.2 – Enrolment, 9.3 – Communication with Families, 9.6 – Parent and Community Participation.*



### Procedures

Development of the service menu will occur in collaboration with educators, children and families.

The Approved Provider/Nominated Supervisor will ensure the <https://www.office.com/launch/forms?auth=1> food and beverages they provide at the service are healthy, balanced, varied, adequate, age appropriate and consistent with the Australian Dietary Guidelines and as far as reasonably possible, meets the needs of children with special dietary requirements.

The service will ensure that children have access to safe drinking water at all times.

*Service menus are planned on a regular basis. A checklist (as provided in the PANOSH resource) is accessed to ensure that food provided encompasses all of the main food groups.*

*The Coordinator/Responsible Person will ensure that the weekly menu is displayed for families and accurately describes the food and drinks being provided by the service.*

*Educators will be informed of children's food allergies and/or restrictions (including cultural or religious) through a display folder located in the OSHC office and regular team meetings.*

*Families, children and educators are encouraged to contribute recipes and suggestions to support a culturally diverse menu.*

Educators will be provided with opportunities for professional development training relating to nutrition and food related issues.

DATE DEVELOPED	DATE RATIFIED	DATE REVIEWED	DATE RATIFIED
August 2018	August 2018	October 2021	October 2021
		July 2023	August 2023

