

1.0 Nutrition, Food and Beverages, Dietary Requirements Policy

Policy Rationale

MakerDojo encourages and promotes the health and wellbeing of children through providing positive learning experiences. Healthy eating has many benefits such as better concentration levels, good behaviour and longer lasting energy. Parents are encouraged to participate in this approach by providing healthy snacks and lunches.

MakerDojo does not provide, prepare, store or serve any food or beverages to participants.

Procedures

The policy is based on information from recognised health authorities, which includes the Commonwealth and State Government Health Department, Raising Children Network and ACECQA.

Information about healthy food choices is gathered from recognized authorities (i.e. Dietary Guidelines for Children and Adolescents in Australia (NHMR) 2003, Nutrition Australia).

All MakerDojo sites are nut aware. No peanut butter, Nutella or fresh nuts or any kind are permitted at the programs. Children are required to supply their own morning tea, afternoon tea and lunch from home and are requested not bring in nuts or nut products. Healthy and safe food and drink choices are encouraged. Children will not be permitted to share food or beverages with other children during MakerDojo programs.

Parents need to advise of any food allergies and restrictions (including cultural or religious) during the enrolment process. Where food allergies require medical intervention if consumed, a medical action plan and relevant medication must be provided to enable participation in MakerDojo programs.

The eating environment

Social interactions will be encouraged during meal/snack times. Staff will spend meal/snack times interacting with the children and model good eating and social habits.

Children eating food outside of regular meal/break times, will be encouraged to use effective hand hygiene and to sit while eating. All children and adults will wash their hands prior to the eating or preparation of food.

References

- ACECQA National Quality Framework Resource Kit (2012)
- Quality Area 1 – Educational Program and Practice
- Quality Area 2 – Children’s health and safety
- Education and Care Services National Regulations (2011). R 77, R 78, R 79, R 80
- Heart Foundation, 2002, Eat Smart, Play Smart, A Manual for Out of School Hours Care, Australia Australian Guide to Healthy Eating
- Nutrition Australia - Healthy Together Victoria – www.nutritionaustralia.org.au

Version control date: December 2019

To be reviewed: December 2020