

 Operational Policy: Nutrition, Food and Beverages	
Operational Policy OP011-V1.02	Revision: 8 th April 2026
This policy supports: Reg 168 (2) (a) (i) Nutrition, food and beverages, dietary requirements	

POLICY

Here at Camp Australia, we supply food and beverages in our services that is nutritious for the healthy growth and development of children in our care. Food and beverages selected or prepared for children are to align with the Australian Dietary Guidelines.

All food and beverages selected or prepared will be safe for children as set out in CA's Food Safety Program. Our food safety program meets the Australia New Zealand Food Standards Code

STRATEGIES

Supporting Children's Growth and Development:

- Educators will ensure children are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day.
- Educators will ensure children have access to safe drinking water at all times
- Educators will ensure the food or beverage provided is nutritious and adequate in quantity; and the food or beverage provided is chosen having regard to the dietary requirements of individual children taking into account each child's growth and development needs; and any specific cultural, religious or health requirements.
- All educators are encouraged to role model and promote healthy eating policy and practices.
- Educators will encourage children to become involved in food-related activities, e.g. planning snacks, writing weekly menus, growing and cooking/preparing food.
- Cooking activities can be offered 1-2 times per week to compliment the supplied fresh fruit and vegetables. Any food to be cooked will be cooked at the service and prepared safely, following Camp Australia's food safety rules.
- Educators will only use food provided by Camp Australia, except for fruit, vegetables, and herbs grown through the service's garden or sustainability program. This will ensure children will be provided with nutritious food and will limit food items children may have allergies too.
- Educators will complete a varied weekly menu that accurately describes the food and beverages to be provided by the service each day using the Weekly Menu template on One Team. At the beginning of each week the menu is to be placed on the Service Display Board. Planning of the menu will be done using the Australian Dietary Guidelines. At the end to the week, the Weekly Menu is to be placed in the service reflection journal and educators are encouraged to record children's preferences and feedback for future menu planning.
- Camp Australia has developed Healthy Eating Cookbooks that are aligned the Australian Dietary Guidelines. These healthy delicious recipes have controlled quantities of ingredients to ensure the finished item meets Australian Dietary Guidelines.
 - Where educators would like to prepare food that is not a recipe in the CA Healthy Eating Cookbook, they are to follow the food guide prepared by the Australian Dietary Guidelines.

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

In particular the prepared or provided food or beverage is to be low in salt, sugar and saturated fat (including butter and cream). **No nuts or seeds** are to be served to children in our services.

Special Dietary Requirements:

Parents must indicate in their on-line Parent Portal child registration if their child has a specific cultural, religious or health requirement for food. The parent is to communicate this with the responsible person/service leader also.

Educators are to follow the details in the child registration/enrolment record and any medical plans.

Some dietary requirements may be catered for by Camp Australia, the service will advise the parent what food they can supply when the child enrolls. Where dietary requirements cannot be accommodated, the responsible person will ask the parent to provide the appropriate food for their child.

Many foods provided to services are suitable for children who are gluten free.

Preparing and serving food and beverages:

Educators when preparing and serving food are to follow **The Camp Australia Food Safety Program**. This document is accessible on the service tablet, the responsible person is to complete the LMS course Food Safety.

Before preparing and serving food, educators will check for food allergies of the children attending the service and take the relevant precautions as outline in the child's Risk Minimisation and Communication Plan.

Educators should use snack & mealtimes as an opportunity to sit and engage children in discussions about healthy lifestyle choices.

Cooked food is not to be reheated in services.

Children Bringing Food into the Service:

In order to keep children safe who are attending the service that may have food allergies or intolerances the following practice at the various sessions of care are to be followed:

Before School Care:

Educators are to ensure children are not to eat food they have brought into the service during the session. Children are to be offered breakfast which includes a variety of cereals and milk, bread, spreads and other items.

Milo flavouring is to be served at breakfast only and quantities supervised (1 tablespoon per serve). Milo is not to be provided every day, no more than 3 times per week.

After School Care:

Educators are to ensure children are not to eat food they have brought into the service during the session. Children are to be offered afternoon tea that will consist of a variety of fresh fruit/vegetables, snacks such as rice crackers and items the educators or children may have cooked/prepared during the session.

Rocketeers and Pupil Free Days:

Educators will provide breakfast and afternoon tea and when a cooking activity is programmed, cooked/prepared items.

Parents are to supply their child's morning tea and their midday meal. Parents are requested to only supply healthy food and to avoid sending nuts and products that are a known food allergy items for your service. This information can be sourced from the Responsible Person if required.

Children's lunches will not be reheated as this practice is not included as part of the service food safety program.

Parents are to determine if their child's food requires cooling for example packing an ice pack in the child's lunch box. If additional precautions are required, parents are to inform an educator when arriving at the service.

Educators will supervise eating times to ensure children are not sharing food as an allergy/anaphylaxis risk minimisation strategy. Refer to Camp Australia's Medical Conditions and Practices for Children policy and child's individual Risk Minimisation and Communication Plans.

Educators should include discussions with children and families about appropriate storage of food during warm weather.

Reducing Food Wastage:

The National Quality Framework (3.2.3) requires educators to demonstrate how each service is environmentally responsible. Reducing food waste is an important part this. Educators can reduce quantities of food being ordered and can take excess food items to network meetings to give to other services. Recycle food scraps by giving them to your school, families of the service or neighbours to compost or feed chicken and or worm farms.

Education and Care Services National Law 2010	Section 2A Paramount Consideration – safety rights and best interests of children Section 167 Offence relating to protection of children from harm and hazards Section 51(1)(a) Conditions on service approval (safety, health and wellbeing of children)
Education and Care Services National Regulations 2011	Regulation 77 Health, hygiene and safe food practices Regulation 78 Food and beverages Regulation 79 Service providing food and beverages Regulation 80 Weekly menu Regulation 90 Medical conditions policy Regulation 168 Education and care service must have policies and procedures
My Time Our Place Framework for School Age Care in Australia	Outcome 3: Children have a strong sense of wellbeing
National Quality Framework	Quality Area 2 2.3 health, hygiene and safe food practices
Food and Safety Act 1991	
Food Standards Australia New Zealand (FSANZ)	3.1.1 Interpretation and Application – <i>using Safe Foods Australia as a guide</i> 3.2.1 Food safety programmes - <i>using a guide to standard 3.2.1 - Food Safety Programmes</i> 3.2.2 Food safety practises and general requirements - <i>using Safe Foods Australia as a guide and InfoBites key information and practical tips</i> 3.2.2A Food safety management tools - <i>using Safe Foods Australia as a guide and InfoBites key information and practical tips, Food Safety Standards 3.2.2A What do you need to know?</i> 3.2.3 Food premises and equipment - <i>using Safe Foods Australia as a guide and InfoBites key information and practical tips</i> 3.3.1 Food safety programmes for food service to vulnerable persons - <i>using Food Safety Programs for Food Service to Vulnerable Persons – A guide to Standard 3.3.1</i>
Staying Healthy in childcare	
Australian Dietary Guidelines	www.eatforhealth.gov.au