

03 Food safety and nutrition procedures

03.04 Menu planning and nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating.

When planning menus, the Manager ensures that:

- Staff are able to contribute ideas for healthy snacks which are confirmed each week in advance.
- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Menus are sent by email so that parents and staff know what is being provided. The menu is also displayed on the notice board for visitors.
- Parents must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person, who must inform the Manager and the Office Manager.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- Staff refer to the Eat Better, Start Better (Action for Children 2017).
- The Office Manager maintains a record of children's special dietary needs in the snack folder and the information is displayed on the office wall. This information is also displayed on the child's placemat.

Packed lunches

Where children have packed lunches, staff promote healthy eating, ensuring that parents are given advice and information about what is appropriate content for a child's lunch box.