



## Providing a Nutritious Menu Procedure

*This procedure should be read in conjunction with the 'Healthy Lifestyle Policy'*

### Designing the Menu and Sourcing Food:

- A menu will be developed for each week, and displayed for families, which accurately describes the food and beverages to be provided by The Service each day.
- Menus take account of individual needs, being consistent with the children's dietary requirements, and where possible takes into consideration the children's likes and dislikes as well as any religious or cultural requirements of families.
- Wherever possible, fresh seasonally available produce free of preservatives and additives will be used, and will provide variety in colour, texture and taste.
- Families will be encouraged to share recipes and traditions to enrich the variety, enjoyment, and cultural diversity of food by the children at the service.

### Providing Food and Drinks:

- Staff involved in the handling of food will follow safe food handling practices.
- Snacks and mealtimes will be set to a regular schedule each day.
- Children who are still hungry following a meal will be offered seconds if available, or a small nutritionally appropriate snack later in the afternoon.
- Educators will provide a positive eating environment, relaxed and enjoyable for children to eat their meals and snacks.
- Fresh fruit and water will always be available to children throughout care.
- Children will be encouraged to try new food but will never be forced to eat.
- The provision or denial of food will never be used as a form of punishment.

### Promoting Healthy Eating:

- Educators will encourage opportunities for children learning about growing their own food and using the food grown at the service in our menu.
- The importance of good, healthy food and safe hygienic food handling and storage practices will be discussed with children as part of the educational program.

#### PROCEDURE VERSION AND REVISION INFORMATION

Authorised by GENERAL MANAGER

Current version	2
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