



JUMBUNNA COMMUNITY PRESCHOOL AND EARLY INTERVENTION CENTRE INC

STANDARD MEALTIME MANAGEMENT PLAN

Date Approved:

PLAN STATEMENT

As an NDIS Provider Jumbunna complies with the NDIS Practice Standards. This plan is relevant to Mealtime Management for participants receiving NDIS supports through Jumbunna. This is a standard plan for those participants who have no eating issues at enrolment stage. If in due course, they develop issues an Individualised Plan will be developed.

Goals - What are we going to do?

Jumbunna services will:

- Role model healthy food and drink while children are in care and the promotion of normal growth and development.
- The service is committed to implementing the healthy eating key messages outlined in *Munch & Move* and to supporting the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)* and *National Healthy Eating Guidelines for Early Childhood Settings* as outlined in the *Get Up & Grow* resources.
- Support families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating

Strategies - How will it be done?

Professional development of staff and educators

- All staff will receive Nutrition Education training

Promote healthy food and drinks based on the Australian Guide to Healthy Eating and the Dietary Guidelines for Children and Adolescents

- Provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- Encourage children to eat the more nutritious foods provided in their lunchbox, such as sandwiches, fruit, cheese, and yoghurt, before eating any less nutritious food provided.
- Discourage the provision of highly processed snack foods high in fat, salt, and sugar and low in essential nutrients in children's lunchboxes. Examples of these foods include lollies, chocolates, sweet biscuits, muesli bars, breakfast bars, fruit filled bars, chips, oven-baked crackers, and corn chips

Promote safety

- Ensure water is readily available for children to drink throughout the day; Jumbunna services are *water only* services.
- Be aware of children with food allergies, food intolerances and special diets and consult with families to develop individual management plans. Jumbunna services have a nut free environment.

- Ensure young children do not have access to foods that may cause choking.
- Ensure all children remain seated while eating and drinking (appropriate sized seating and tables are provided to encourage correct and safe posture for eating and drinking)
- Always supervise children while eating and drinking.
- Make a referral as per the Jumbunna Mealtime Management (Disability) policy when there are concerns about a child's mealtime behaviour.

Safe food handling

- Give food to children that has been provided by parents, stored, prepared, and served in a safe and hygienic manner and to promote hygienic food practices
- Ensure gloves are worn or food tongs are used by all staff handling 'ready to eat' foods.
- Children and staff wash and dry their hands (using soap, warm running water and single use or disposable towels) before handling food or eating meals and snacks.
- Food is stored and served at safe temperatures ie below 5°C or above 60°C.
- Children will be discouraged from handling other children's food and utensils

Provide a positive eating environment which reflects cultural and family values

- Ensure that educators sit with the children at meal and snack times to role model healthy food and drink choices and actively engage children in conversations about the food and drink provided.
- Endeavour to recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds
- Create a relaxed atmosphere at mealtimes where children have enough time to eat and enjoy their food as well as enjoying the social interactions with educators and other children.
- Encourage older toddlers and preschoolers to assist to set and clear the table and serve their own food and drink – providing opportunities for them to develop independence and self-esteem.
- Respect each child's appetite. If a child is not hungry or is satisfied, do not insist he/she eats.
- Be patient with messy or slow eaters.
- Encourage children to try different foods but do not force them to eat.
- Do not use food as a reward or withhold food from children for disciplinary purposes
- Allow children to access food outside of scheduled mealtimes as needed and support them to eat when they identify they are hungry.
- Promote lifelong learning for children, early childhood staff and families about healthy food and drink choices
- Foster awareness and understanding of healthy food and drink choices through including in the children's program a range of learning experiences encouraging children's healthy eating.
- Provide opportunities for children to engage in discovery learning and discussion about healthy food and drink choices

Encourage communication with families about the provision of appropriate healthy food and drinks for children while they are attending the service

- Provide a copy of the *Nutrition Policy* to all families upon orientation at the service. Families will be provided with opportunities to contribute to the review and development of the policy.
- Request that details of any food allergies or intolerances or specific dietary requirements be provided to the service and work in partnership with families to develop an appropriate response so that children’s individual dietary needs are met.
- Communicate regularly with families about food and nutrition related experiences within the service and provide up to date information to assist families to provide healthy food choices at home.
- Communicate regularly with families and provide information and advice on appropriate food and drink to be included in children’s lunchboxes. This information may be provided to families in a variety of ways including newsletters, during orientation, information sessions and informal discussion.

Roles and Responsibilities

Role	Authority/Responsibility For
Approved Provider	<ul style="list-style-type: none"> • Ensure the service operates in line with the Education and Care Services National Law and National Regulations 2011 and NDIS Practice Standards • Allocate finances for training and food safety. • Ensure that the service implements adequate health and hygiene practices and safe practices for handling, preparing, and storing food to minimise risks to children being educated and cared for by the service.
Nominated Supervisor	<ul style="list-style-type: none"> • Ensure adequate health and hygiene practices and safe practices for handling, preparing, and storing food are implemented at the service to minimise risks to children. • Ensure children being cared for by the service have access to safe drinking water at all times and are offered food and beverages on a regular basis throughout the day.
Early Childhood Educators Responsible Person/s	<ul style="list-style-type: none"> • Adhere to the strategies and practices of the <i>Nutrition, Food, Beverages and Dietary</i> policy and Mealtime Management policy. • Ensure children’s individual dietary needs are adhered to. • Provide positive mealtime experiences for children. • Respect the individual needs and choices of children. • Actively supervise children during mealtimes. • Adhere to the services Hygiene Policy.
Families	<ul style="list-style-type: none"> • Communicate regularly with educators/staff regarding children’s specific nutritional requirements and dietary needs including food preferences. • Provide nutritious and appropriate food.

Monitoring, Evaluation and Review

This plan will be monitored to ensure compliance with legislative requirements and unless deemed necessary through the identification of practice gaps, the service will review this plan every year, or when a concern arises.

Families and staff are essential stakeholders in the plan review process and will be given opportunity and encouragement to be actively involved.

