

Amberley Outside School Hours Care

NUTRITION POLICY

Goal

To provide children in Outside School House Care with at least 30% of their daily recommended dietary intake of nutrients in the form of safe and appetising foods.

Strategies

- Milk will be served at breakfast times.
- All milk should be full cream.
- Only soy milks that are fortified with calcium will be used as a substitute for cow's milk.
- Children will have access to bread or fruit at afternoon tea times.
- Children will have access to water at all times.
- Fruit juice will be diluted 50:50.
- Parents will be advised if their child is not eating well.
- Food will be served at safe temperatures.
- Children will wash their hands before handling food.
- Children must bring some food on vacation care.
- A drink should be provided – preferably water.
- Lunch boxes should be sealed with the name clearly marked on the top.
- It should be indicated if the contents should be refrigerated. Otherwise food will be stored in a cool place.
- Food bought in on Vacation Care cannot be reheated by staff because of health risks.

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Reviewed and Updated 18 November 2010
Reviewed and Updated 17 March 2011

- Lunches should contain something from each food group:

Breads and cereals	a sandwich
Fruit and Vegetables	an apple
Milk and milk products	yoghurt/cheese/milk
Meat and meat alternatives	meat on the sandwich
Fats and oils	butter/margarine on bread

Goal

To provide an eating environment that assists the transmission of family and multicultural values.

Strategies

- Staff members share the same food with children.
- Food will not be used as a form of punishment either by its provision or denial.
- Recipes and food awareness activities will be chosen from a wide variety of cultures.

Breakfast Menu

To ensure fairness and equality amongst all students it has been decided that no child is to consume food or beverages from home for breakfast.

The Amberley OSHC Centre provide a nutritious breakfast which ensures all children have a healthy start to help them concentrate through a school day and there is no need for parents to provide breakfast for the children to consume.

Afternoon Tea

The Amberley OSHC provides a nutritious afternoon tea. Children may eat leftover lunch which is checked by staff for its nutritional value.

Menus are on display for parents and we regularly update them.

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