



NUTRITION AND SAFE FOOD PRACTICE PROCEDURE ELCOSHCFDC

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NUTRITION AND SAFE FOOD PRACTICE PROCEDURE

1. Getting Ready for Meals and Snacks

- Staff must wash and dry their hands before preparing or serving food and must repeat this if interrupted.
- Clean all food preparation and servery surfaces with warm soapy water, followed by a spray with food-grade sanitizer.
- Clean tables used for meals before each meal.
- Ensure all children's hands are washed before meals and snacks.
- Children are encouraged to be independent, helping themselves where appropriate and assisting in meal preparation, serving, pouring drinks, and cleaning up.

2. Meal Times

Snack and meal times are treated as social occasions. Educators will sit with the children and interact with them to encourage good eating habits and an appreciation of various foods.

Children are encouraged to try new foods but are never forced to eat. Other options are offered to children who dislike what is on the menu for that particular meal.

- Meals are served at tables or highchairs, or as picnics on occasion. Age-appropriate and developmentally suitable furniture and utensils are provided to encourage children to be positively involved in and enjoy mealtimes.
- During picnics, appropriate utensils and plates are provided.
- When eating outside, select an appropriate clean and shaded area and implement sun protection measures (See *Sun Protection Procedure*).
- Educators encourage children to reduce waste by recycling.
- Encourage children to turn away from food when coughing or sneezing and to wash and dry their hands afterwards.

- Supervise children when they serve themselves from the same container, ensuring they use utensils to prevent touching food others will eat, promoting both food safety and independence.

3. Preparing Food

Educators /staff must tie back long hair, wear a hair net or cap, and a clean apron when working in the kitchen. The kitchen must be fly and pest-proof.

Follow food handling training at all times. Key points include:

- Wash and dry hands.
- Completely cover cuts or wounds on hands with a coloured waterproof dressing and use disposable gloves over the dressing.
- Prevent cross-contamination between raw and cooked foods by keeping them separate, using separate utensils, and maintaining proper food temperatures (hot over 60°C, cold at 5°C or less).
- Reheat food to 70°C for 2 minutes to destroy germs. Use a probe thermometer to check temperatures.
- Cool food before serving to children, and heat food and milk only once.

a. Children and Cooking

Children's cooking activities should be part of a prepared program experience with a completed risk assessment and relevant to the curriculum.

4. Breast Milk

Mothers are encouraged to provide expressed breast milk or visit the centre to feed their babies. Staff must complete the food receipt log.

- Breast milk must be clearly labelled with the child's name and the time and date it was expressed.
- Two staff members should check the label before giving it to the child.
- Do not put breast milk in boiling water; instead, thaw it under cold running water, gradually allowing the water to get warmer.
- Do not use a microwave to thaw or warm breast milk.
- Roll thawed milk gently to mix.

- Ensure the milk temperature is safe to avoid scalding. Discard any leftover milk and do not refreeze or reheat it.
- Ask mothers to supply breast milk in multiple small quantities to prevent wastage.

5. Formula

- Parents must supply a sealed container of formula labelled with the child's name.
- Pre-prepared formula will not be accepted at the ELC.
- Follow the manufacturer's instructions carefully when preparing the formula.
- Dispose of any unconsumed prepared formula.
- Do not use a microwave to warm formula.

6. Bottles, Teats and Dummies

- Parents must provide enough clean and sanitized bottles and teats for the day.
- Bottles must be clearly labelled with the child's name.
- Clean bottles, dummies, and teats after each use. These are stored in separate airtight containers for each child according to the Hygiene Policy. Parents are responsible for supplying bottles, dummies, and teats for their child.