

GUIDELINES FOR HEALTHY EATING FOR ORGANISATIONS

These sample guidelines are suitable for organisations that provide group sessions or service, for parents/carers and children to attend together for a couple of hours, for example, playgroups.

Review and adapt the Sample Healthy Eating Guidelines in consultation with staff, parents and carers so that it reflects the organisation's specific needs.

Healthy Eating Guidelines for Organisations

AIM

The _____ (*insert name of the service here*) aims to encourage healthy eating habits and promote safe and hygienic food practices to young children and their families.

Food And Drink

- If morning or afternoon tea is provided it will be planned using the *Checklist for Planning Healthy Snacks and Drinks*.
- If parents and carers provide their own food and drinks, they will be encouraged to bring healthy options to the group session or service.
- Drinking water will be available at all times for children, parents, carers and staff.
- Children, parents, carers and staff will be involved in decisions about the food and drinks provided and/or brought from home to the group session or service.
- Foods from different cultures will be encouraged, especially cultures represented at the group session or service and within the local community.
- If children, parents, carers and staff have special dietary needs e.g. cultural requirements or food allergies, parents, carers and staff will discuss and plan how best to meet these needs.

The Eating Environment

- Morning or afternoon tea will be a social event where children, parents, carers and staff will sit together, relax and enjoy the food.
- Children and their parents and carers will be encouraged to assist with planning, preparing and serving food and drinks.
- Parents and carers will be encouraged to establish a positive eating environment (e.g. sociable and relaxed), talk positively and share the food provided, role modelling healthy eating habits to children.
- The service will provide nutrition information to parents and carers. This can be done using posters, fact sheets, activities and newsletters.
- The service will provide a relaxed, comfortable and supportive environment for mothers who are breastfeeding.

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Food Safety

- Children, parents, carers and staff will not share plates, cutlery or cups.
- Children, parents, carers and staff will wash their hands (using warm water and soap to wash hands and use a disposable towel to dry hands) before preparing, serving or eating food.
- Gloves will be worn and/or tongs will be used when serving food.
- Parents, carers and staff will be encouraged to keep food cool while transporting it to the group session or service.
- All perishable foods will be stored in a refrigerator. The refrigerator will be at a temperature of less than 5°C.
- Expressed breastmilk or infant formula will be warmed in warm water, not a microwave.
- Hot drinks will be prepared, served and consumed out of reach from children.
- The service will provide food safety and hygiene information to parents, carers and staff.

The healthy eating guidelines were developed by the staff of

_____ (*insert service*) in consultation with the parents/carers using the group session or service.

The guidelines will be reviewed as required by staff, parents and carers.

Signed: _____

Date of adoption: _____ Date of review: _____

