

## Nutrition Policy

This Policy is current from January 2022 and will be reviewed in January 2024, or as required. Mentone Park Child Care and Pre School's Nutrition Policy and Hygiene Policy are sourced from the following specialists:

- Nutrition Department of the Royal Children's Hospital
- Centre for Community Child Health
- Australian Dairy Corporation
- Food Safety Victoria
- National Health and Medical Research Council of Australia 2010.
- Australian Guide to Healthy Eating

Mentone Park Child Care and Pre School will endeavour to provide your child in long day care (7.30-6.00pm) with at least 75% of their daily recognised dietary intake in the form of safe and appetising foods. Our Centre will provide an eating environment which helps families follow good eating habits and multicultural eating values in the home. Through role modelling and educational programs, the staff at our Centre will teach children about food and nutrition.

Children will be offered:

- vegetables, fruit, legumes
  - lean meat, fish, poultry
  - cereals including bread, rice, pasta and noodles
  - milks, yoghurts, cheeses
  - limited servings of saturated fats, margarine, butter and oils
  - plenty of water
  - foods containing calcium, iron and that are low in salt
  - moderate amounts of sugars and foods containing added sugars and artificial sweeteners
  - healthy snacks
- Menus are planned according to recommendations from the Australian Guide to Healthy Eating (2017)