

DECD RURAL CARE

Booleroo Centre Rural Care

Food Safety

Rationale

Rural Care services are not equipped to prepare food for children in care.

Families are required to provide, on a daily basis, sufficient nutritious lunch and snacks for their children in care.

Responsibilities

Rural Care educators will:

- ensure that fluids are available and accessible for children at all times
- provide fluids in accordance with the following guidelines
<http://www.health.sa.gov.au/pehs/srer-award/Fluids%20for%20birth%20to%205%20year%20olds.2012.pdf>
- supervise children when eating and assist as required with food preparation, with particular attention to ensuring the recommendations contained in the Prevent Choking Fact Sheet are followed, refer
<http://www.wch.sa.gov.au/services/az/other/nutrition/documents/PreventingChokingFactsheet.pdf>
- follow the recommendations contained in the Safe Kitchen for Young Children Fact Sheet, refer
http://www.wch.sa.gov.au/services/az/other/nutrition/documents/safe_food_safe_kitchens_for_young_children.pdf
to
 - ✓ maintain all food preparation, serving and storing areas in a clean and hygienic manner
 - ✓ provide sufficient / adequate storage space for keeping food at a safe temperature
 - ✓ follow temperature guidelines when preparing and serving food
- follow hygienic hand washing practices prior to preparing, serving and eating food
- ensure children follow hygienic hand washing practices prior to preparing, serving and eating food

- heat breast milk and formula in accordance with http://www.wch.sa.gov.au/services/az/other/nutrition/documents/Infant_formula.pdf
- ensure children only share food where it does not compromise any health or cultural family expectations. Children should not share their food that has been prepared from home with other children in care
- maintain a stock of basic provisions to provide emergency food to children in care
- promote the services *healthy food and nutrition policy* with families and children.

Families will:

- on a daily basis, provide sufficient nutritious lunch and snacks for their child/ren in care
- provide food that aligns with the services *healthy food and nutrition policy*
- place the food in storage (fridge where required) at the service so that food is maintained at a safe temperature
- advise educators of any known food allergies or cultural food requirements.

REFERENCES/RESOURCES

Education and Care Services National Regulations under the Education and Early Childhood Services (Registration and Standards) Act 2011 - Regulation 168 (2) (a) (i)

<http://acecqa.gov.au/national-quality-framework/legislation/>

National Quality Standard 2.2

<http://acecqa.gov.au/national-quality-framework/national-quality-standard/>

Women's and Children's Hospital - Nutrition Resources for Children Under 5

http://www.wch.sa.gov.au/services/az/other/nutrition/nutres_under5.html