

MANAGING FOOD AS PART OF CELEBRATIONS POLICY

Contents

| | | |
|---|----------------------------|---|
| 1 | Aim..... | 2 |
| 2 | Implementation..... | 2 |
| 3 | Sources..... | 2 |
| 4 | Review..... | 3 |
| 5 | Version Control Table..... | 3 |

The Kids' Uni Policies and Procedures apply to Kids' Uni North, Kids' Uni South, Kids Uni CBD, Kids Uni iC – Preschool, Kids Uni iC – OOSH.

Aim

To strengthen the partnerships with children and families by providing the opportunity for children and /or educators to celebrate their birthdays /significant cultural days or celebrations at the service.

1 Implementation

- 1.1 Prior to any celebrations where food other than a birthday cake is provided to children (for a child or an educator) occurring at the service, educators must seek approval from the Nominated Supervisor.
- 1.2 In order to protect all children attending our services, we are not able to accept food brought in by families from home (with the exception of Clause 1.4 in this policy). We are not able to monitor external food safely. Baby formula is an exception to this clause.
- 1.3 Parents are to be advised of this policy at time of enrolment and through updates during the year.
- 1.4 If children are celebrating their birthday, families are welcome to bring in an ice cream cake. Ice cream cakes reduce the major allergy risks associated with most other cakes (eg. nuts). We request that families select ice cream cake that includes a list of ingredients and does not contain traces of nuts. Families should discuss options with educators or the nominated supervisor. For children who have a dairy allergy, Kids Uni will supply soy ice cream as an alternative. If a child with a dairy allergy is celebrating their birthday then they are welcome to bring along some soy ice cream for all children to share.
- 1.5 Parents and educators must be reminded that all services are “Allergy Aware” services prior to any such celebrations.
- 1.6 No unhealthy party foods are to be provided on these occasions (eg:- lollies, chips, etc). Alternatives should be sourced if needed eg:- dips, fruit platters, popcorn (for older children), sandwiches, rice paper rolls, veggie sticks, dried fruit, etc.
- 1.7 It is imperative that safety issues are taken into account as part of the preliminary planning. eg. does the food constitute a choking hazard (especially for babies and toddlers); does it account for all allergies in the service (both children and or educators); does it meet safe food handling requirements; is it served in a way that ensures hygiene standards are met (tongs used; separate plate or bowl for every child rather than shared communal bowls); hands are washed etc.
- 1.8 We will work in partnership with families who attend our services. We need to be mindful of the rights of parents to introduce or not introduce various foods. Unhealthy foods are a particular area that requires sensitivity and respect for parent’s wishes regarding their child/ren.

2 Sources

Dietary Guidelines for Children and Adolescents in Australia – National Health & Medical Research Council.

www.healthykids.nsw.gov.au

www.wiggleintohealth.com/nutrition/healthy-eating-habits

www.betterhealth.vic.gov.au/healthyeatingpyramid

www.essentialkids.com.au

www.freshfoodsforkids.com.au

www.kidspot.com.au

3 Review

This policy will be reviewed every 2 years and the review will include Management, Employees, Families and Interested Parties

4 Version Control Table

| Version Control | Date Released | Next Review | Approved By | Amendment |
|-----------------|---------------|-------------|---------------------------------------|--|
| 1 | Aug 2012 | Aug 2013 | M. Fowler Manager Kids Uni | |
| 2 | Mar 2013 | Aug 2014 | M. Fowler Manager Kids Uni | Paragraph inserted re application of policies across all centres. Migrated into new QA format. Minor editorial changes made. |
| 3 | Aug 2014 | Aug 2016 | M. Fowler Manager Kids Uni | Reviewed with no Changes required |
| 4 | Jul 2018 | Jul 2020 | K.Grose – Children’s Services Manager | Reviewed with no change. |
| 5 | Nov 2018 | Nov 2020 | K.Grose – Children’s Services Manager | Clarified food offered for celebrations and use of external food in the service. |
| 6 | Jul 2019 | Jul 2021 | K.Grose – Children’s Services Manager | Addressed birthday celebrations for children with dairy allergies. |
| 7 | November 2019 | Jul 2021 | Nicole Bray – Director Kids Uni iC | Updated to reflect name change to Kids Uni iC |
| 8 | May 2021 | May 2023 | K.Grose – Children’s Services Manager | Reviewed with no change |