**Nutrition policy**

**Rationale**

Toowoomba Catholic Kindergartens and Care (TCKC) are committed to ensuring healthy eating is promoted and nutritious food is provided to children.

**Policy statement**

All TCKC services will actively promote the healthy nutrition and wellbeing of children through consulting and liaising with parent/carers and engaging children to develop positive food habits.

**Legislative references**

Education and Care Service National Law Act 2010 (Qld)

Education and Care Service National Regulation 2011

**Related policies**

TCKC Food safety and handling policy

**Consequences**

1. TCKC staff will be supported to maintain their knowledge of contemporary nutrition requirements for children.
2. TCKC staff will create an environment in which staff, parents/carers, visitors and children are engaged to develop their awareness of healthy nutrition and wellbeing.
3. TCKC staff will ensure that diversity and culture are considered in all nutrition and wellbeing practices.
4. TCKC staff will as far as reasonably practicable, meet the special dietary needs of children, particularly those with food allergies and intolerances of which services have been made aware, or become aware.
5. TCKC staff will actively consult with parents/carers to provide information about food and nutrition related experiences within the service and provide up to date information to assist parents/carers to provide healthy food choices.

**Version control and change history**

**Effective date**

1/01/2020

**Review date**

1/01/2023