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## **1.10 Child Care Services Taree & Districts Inc.**

### **Nutrition**

**Child Care Services Taree & Districts Inc. recognises and values the importance of healthy eating in promoting people's health and wellbeing. We are committed to creating a health promoting environment which supports workers, participants, volunteers and visitors to make healthy food and drink choices.**

#### **The purpose of the policy**

CCSTD endeavour to support workers, participants and volunteers to make healthy food and drink choices by:

- Creating a healthy eating culture and environment which supports healthy food and drink choices
- Increasing availability and promotion of healthier foods and drinks
- Decreasing availability and promotion of unhealthy foods and drinks
- Increasing staff and support worker knowledge and skills regarding healthy eating.

#### **CCSTD Recognises that;**

Learning about *how* to live in a healthy way, and being able to take increasing responsibility (where possible) for making good health choices and caring for themselves, enables participants to experience wellbeing in their present lives, and lays the foundation for a healthy lifestyle in the future. As a NDIS provider we will support active decision making and individual choice including timely provision of information in appropriate formats to support individuals, families, friends and carers to make informed decisions and understand their rights and responsibilities.

#### **Process**

Providers must provide disability supports that comply with legislation, codes, standards, policies and guidelines. This means participants health and wellbeing needs will be met to the best possible standard. It is necessary to consider the following when supporting participants with nutrition and wellbeing choices;

- Cultural requirements means any specific foods that are not to be provided or are to be provided in accordance with the cultural requirements specified by families at enrolment.
- Specialist dietary requirements means any specific foods that are not to be provided or are to be provided in accordance with the dietary requirements specified by families at enrolment.
- Healthy dietary habits are those specified by acknowledged health organisations including Heart Foundation, Diabetes Australia and peak Children's Services agencies.
- Be aware of choking hazards. Make sure the participant is sitting upright when eating. They should be in a safe place. The participant should not eat in the car or in a stroller. The Support Worker should be aware of any potential choking hazards.
- Support Workers to follow Mealtime Management Plans or Nutritional Plans provided by the parent or guardian.
- When completing the Service Delivery, Intake and Transitioning Form the Participant or Participant's Representative should outline any additional Nutritional or feeding requirements.

## Relevant Legislation and Standards

- NDIS Practice Standards
- NDIS Code of Conduct
- NSW Disability Service Standards (NSW DSS)
- NDIS Terms of Business
- The Disability Inclusion Act 2014 (NSW) and Disability Inclusion Regulation 2014 (NSW)
- NDIA National Quality and Safeguards Policy 2018
- Local Health District Northern NSW - Health Promotion  
<https://nswlhd.health.nsw.gov.au/health-promotion/portfolio/nutrition-resources/>
- Healthy Kids Association  
<https://healthy-kids.com.au/>