
	Management Area: Children's Services	Version No: 4.0 Pages: 4
	Category of Policy: Operational	Approval Date: 13/07/2023 Policy Approver: Head of Children's Services
Policy Title: Nutrition, Food, Beverages, and Dietary Requirements Policy		Author: YMCA of SA

YMCA SOUTH AUSTRALIA

Nutrition, Food, Beverages and Dietary Requirements Policy

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1. Purpose

The YMCA recognises and acknowledges the importance of providing food that is both nutritious, culturally diverse, and appropriate to the needs of the children. The YMCA encourages and promotes the health and wellbeing of children through providing positive learning experiences during meal and snack times where good nutritional food habits are developed in a happy, social environment. Parents and/or guardians are encouraged to participate in this approach to nutrition for their children, where establishing healthy eating behaviours in childhood can have a significant and positive influence on growth and development throughout life.

2. Scope

The scope of this policy applies to all Board members, Sub Committee members, educators, and volunteers. This policy applies to all YMCA Member Associations. For the purposes of this document, we refer to these as the YMCA. All Policies and Procedures must conform to this policy.


3. Policy Statement

This policy aims to:

- create a supportive environment for healthy food choices.
- provide a nutritious and varied menu for children and a positive eating environment.
- teach children about food and healthy eating.
- encourage educators to learn about healthy eating and role model healthy eating.
- encourage families to provide healthy food and drink choices.
- consider any specific dietary and health requirements.
- acknowledge and celebrate the important social and cultural role of food, and
- communicate with the community about healthy eating.

4. Roles and Responsibilities

Department / Area	Role / Responsibility
Children's Services Management	<p>Is responsible for the development, monitoring, and review of the policy and related systems, ensuring content meets all legislated requirements.</p> <p>To facilitate policy awareness to all educators on the appropriate implementation and use of the policy.</p>

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Responsible Persons	<p>Nominated supervisor/service management will oversee the implementation and service adherence of the policy.</p> <p>Nominated supervisor/person with management and control will seek individual community feedback and facilitate an active consultation process with service users as appropriate.</p> <p>Is responsible for addressing any instance of non-compliance with this policy and implementing strategies to help prevent non-compliance with this policy.</p> <p>Responsible for ensuring suitable resources and support systems to enable compliance with this policy.</p> <p>Drive the consultation process and provide leadership and advice on the continuous improvement of the policy.</p>
All employees, volunteers & students	<p>Responsible for meeting the requirements outlined in this policy.</p> <p>Responsible for raising concerns or complaints in accordance with this policy.</p>

5. Definitions

Healthy Eating


Includes eating a wide variety of foods from the five food groups each day:

- Fruit,
- vegetables and legumes/beans,
- grain (cereal) foods, mostly wholegrain,
- milk, yoghurt, cheese and/or alternatives, and
- lean meat, poultry, fish, eggs, tofu, seeds, and legumes/beans.

Healthy eating also means eating in a way that is socially, culturally, and developmentally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite, and energy needs.

6. Key Relevant Documents

- Education and Early Childhood Services (Registration and Standards) Act 2011
- Education and Care Services National Regulations (2011 SI 653)
- Australia New Zealand Food Standards Code
- Get up & Grow – Healthy Eating and Physical Activity for Early Childhood
- Eat for Health

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- Australian Dietary Guidelines (Nutrition Australia)
- Eat Smart, Play Smart
- SA Right Bite Food and Drink Supply Standards
- Nutrition, Food, Beverages, and Dietary Requirements Procedure

7. Monitoring Evaluation and Review

This policy will be reviewed every two years or earlier for reasonable cause or upon the request of the YMCA South Australia Board.

8. Version History

Version	Date	Description of changes	Effective Date	Review Date
2.0	23/09/2019	Updated.		
3.0	13/07/2023	Updated legislative and industry requirements. Updated document name. Added procedure reference.	13/08/2023	July 2025
4.0	26/05/2025	Reviewed. No changes needed.	26/05/2025	May 2027