1 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.

The Kids’ Uni Policies and Procedures apply to Kids’ Uni North, Kids’ Uni South, South Coast Workers Child Care Centre, Kids Uni iC – Preschool, After School Care and Vacation Care (Kids’ Uni OOSH).

2 Implementation

2.1 Prior to any celebrations where food other than a birthday cake is provided to children (for a child or an educator) occurs at the service educators must seek written approval from the service’s Nominated Supervisor.

2.2 Parents are to be advised of this policy at time of enrolment and through updates in newsletters during the year.

2.3 If a cake is required it is recommended that an ice cream cake be provided as this reduces the major allergy risks associated with most other cakes (eg. nuts and egg). We recommend 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.

2.4 Parents and educators must be reminded that all services are “Allergy Aware” services prior to any such celebrations.

2.5 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, sandwiches, rice paper rolls, vegie sticks, dried fruit, etc).

2.6 Any food or drink provided requires advance planning and all parents must be advised prior to the event the nature of all food and drink to be provided. This allows for any feedback / concerns from parents. This can then be taken into account as part of the normal planning involved in such activities.

2.7 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.

2.8 It is also important that this policy reflects are perspective on obesity and healthy eating.

2.9 As partners in the development of the children 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.

3 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.essentialkids.com.au
www.freshfoodsforkids.com.au
www.kidspot.com.au

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

5 Version Control Table

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