

HEALTHY FOOD AND NUTRITION POLICY

Purpose

Meadows and Districts Kindergarten promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DfE wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related health issues later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

We ensure that:

- Educators at our kindergarten model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Families are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children at kindergarten

Implementation

Curriculum

Our Kindergarten's food and nutrition curriculum:

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health e.g. growing vegetables, puzzles etc.
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food.
- Integrates nutrition across the curriculum where possible, relating to the Developmental Learning Outcome: 'Children have a strong sense of wellbeing'

The Learning environment

Children at our kindergarten:

- Bring their own drink bottles with water, have filtered tap water available at all times and are encouraged to drink water regularly throughout the day.
- Eat together at scheduled time for a healthy snack and lunch.
- Eat in a positive, social environment with staff who model healthy eating behaviours.
- Use the community garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our Kindergarten:

- Provides positive encouragements that are not related to food or drink.
- Understands and promotes the importance of breakfast and regular meals for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.

Food supply

Our Kindergarten:

- Provides families with information on our healthy food and nutrition policy at enrolment.
- Encourages healthy food and drink choices for children in line with the **Right Bite** strategy.
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive.
- Ensures a healthy food supply for preschool activities and events in line with the **Right Bite** strategy. Foods that do not comply may be accepted at special events but no more than twice a term.
- Includes information and learning about healthy eating in the learning program and curriculum.

Food and drinks provided to children:

- Families are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy.
- Educators will ensure that food provided to children by the kindergarten is in line with the **Right Bite** strategy.
- Children are able to access their lunch box for healthy options whenever they are hungry as long as they are seated when eating.

The following ideas for families for food brought from home are as follows. Food should be low in salt, low in sugar and preferably not processed.

Morning Snack	Lunch
Fresh fruits	Sandwiches or wraps with fresh fillings e.g. salad
Fresh vegetables (eg. carrot sticks)	Savoury slices e.g. zucchini
Canned fruits or vegetables (without added sugar)	Vegetable sticks with dip or humus
Real fruit straps	Cold 'leftovers' (e.g. home-made pizza)
Dried fruit	Yoghurt
Cheese	Savoury biscuits

Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water and in accordance with food safety guidelines; refer www.sahealth.sa.gov.au.

Children with healthy lunch boxes model healthy eating for their peers.

Some children are limited in their food choices and this will be discussed with parents on enrolment and strategies worked out to support them and encourage them to try new things. They will be encouraged to eat the healthiest options in their lunch box first.

Food safety

Our Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children and educators.

Food-related health support planning

Our Kindergarten liaises with families to ensure that food brought to kindergarten by children will not pose a risk to children with food related health support plans. Children whose parents have identified that their child has an allergy on enrolment will be recorded on an allergy list strategically placed in the First Aid cupboard for educators to be aware of. This will be referred to when cooking and when doing other specific activities.

Allergy Aware Zone:

Meadows and Districts Kindergarten is an allergy aware zone due to allergies of children and educators. Many food allergies can produce anaphylactic reactions. Families are informed of this on enrolment. Children's lunches and snacks are to be monitored by educators supervising at lunch time in order to assess potential risk and to educate the children on the necessity of eating "allergy aware foods".

Our Kindergarten:

- Is a breast feeding friendly worksite
- Invites families to be involved in the review of our food and nutrition policy
- Provides information to families about the *Right Bite Strategy* through a variety of ways including:
 - Policy development/review
 - Information on enrolment
 - Pamphlet/poster displays
 - Alignment of fundraising with the *Right Bite Strategy*

Additional information for families

Recommended average daily number of serves from each of the Five Food Groups <i>(Extracted from - National Health and Medical Research Council (2013) Australian Dietary Guidelines Educator Guide Canberra: National Health and Medical Research Council)</i>						
	Age	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties	Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
BOYS	2–3	2½	1	4	1	1½
	4–8	4½	1½	4	1½	2
GIRLS	2–3	2½	1	4	1	1½
	4–8	4½	1½	4	1½	1½

What is a serve of vegetables? A serve of vegetables is approximately 75g, for example:

- ½ cup of cooked green or orange vegetables (for example broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup of green leafy or raw salad vegetables
- ½ cup of sweetcorn
- ½ medium potato other starchy vegetables (for example sweet potato, taro or cassava)

What is a serve of fruit? A serve of fruit is about 150g, for example:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- 30g dried fruit (for example 4 dried apricot halves or 1½ tablespoons of sultanas)

What is a serve of grain (cereal) foods?

- 1 slice of bread (40g)
- ½ medium roll or flat bread (40g)
- ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa (75–120g)
- 2/3 cup wheat cereal flakes (30g)
- ¼ cup muesli (30g)

What is a serve of lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/ beans?

- 65g cooked lean meat (about 90–100g raw weight of beef, veal, lamb, pork, kangaroo or goat)
- 80g cooked poultry (about 100g raw weight of skinless chicken or turkey)
- 100g cooked fish fillet (about 115g raw weight) or small can of fish
- 2 large eggs (120g)
- 1 cup (150g) cooked or canned legumes/beans such as lentils or chick peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds or peanut or almond butter or tahini or other nut or seed paste (no added salt)

What is a serve of milk, yoghurt, cheese and dairy alternatives?

- 1 cup (250ml) fresh, UHT long-life or reconstituted powdered milk or buttermilk
- 2 slices, or 4x3x2cm piece (40g) hard cheese
- ¾ cup (200g tub) yoghurt
- 1 cup (250ml) soy or beverages made from rice or other cereals which contain at least 100mg of added calcium per 100ml

How to understand food labels

(Extracted from - National Health and Medical Research Council (2013) Australian Dietary Guidelines Educator Guide Canberra: National Health and Medical Research Council)

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose foods and drinks.

Nutrition Information	
Serving size – 30g (2/3 cup)	
	Per 100g
Energy	432kJ
Protein	2.8g
Fat	9.3g
Total	0.4g
Saturated	0.1g
Carbohydrate	62.9g
Total	18.9g
Sugars	3.5g
Fibre	6.4g
Sodium	65mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.	
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.	

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g. **Less than 3g per 100g is best.**

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre. Choose breads and cereals with **3g or more per serve**

◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar for alternative names for added sugar) is not listed high on the ingredient list.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

REFERENCES:

Rite Bite Policy – Rite Bite Easy Guide to Healthy Food and Drinks Supply for SA Schools and Preschools

Rite Bite Manual – Healthy Food and Drink Supply Strategy for SA Schools and Preschools

Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating

National Health and Medical Research Council (2013) Australian Dietary Guidelines Educator Guide Canberra: National Health and Medical Research Council.

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