

## Healthy Food Supply and Nutrition Policy

### Rationale

Meadows & Districts Kindergarten is committed to promoting and educating children and their families about healthy eating and the importance of being active. This is in line with the *Eat Well SA Healthy Eating Guidelines for SA School and Preschools (Healthy Eating Guidelines)*. This food policy has been established after consultation with staff and parents within the kindergarten community.

Promoting the importance of a nutritious diet and developing healthy eating habits now, means children will grow up with a sound knowledge of good nutrition for later in life. Healthy eating habits are easier to model when all children are doing the same.

Establishing these lifelong, healthy eating habits 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 diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Staff at this kindergarten model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply healthy foods that fit within the *Healthy Eating Guidelines* for their children at preschool.

### Curriculum

Our kindergarten's food and nutrition curriculum:

- 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
- Includes opportunities for children to develop practical food skills like growing, preparing and cooking healthy food
- Encourages food choices which are representative of the foods of the kindergarten community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Integrates nutrition where possible across the Early Years Learning Framework, and is especially relevant to 'Learning Outcome 3: Children have a strong sense of wellbeing'.

### The Learning Environment

Children at our kindergarten:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- Can choose to eat their fruit whenever they are hungry
- Will eat routinely at other scheduled break times, eg. lunch time
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Use the kindergarten garden to learn about and experience growing, harvesting, preparing and eating nutritious foods.

Our kindergarten:

- Provides rewards/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
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff
- Displays promotional materials about healthy eating
- Is a breastfeeding friendly site.

### **Food and Drinks at Kindergarten:**

At Kindergarten the children will need to have nutritious food for 'morning fruit' and for 'lunch time'. During kindergarten session times the children drink WATER ONLY. Each child needs to bring their own drink bottle to Kindergarten filled with water, which will be refilled with fresh water during the day as needed.

**'Nutritious food' means that food will be:**

- low in fat**
- low in sugar**
- not over processed and have nutritional value for the child.**

#### **Foods recommended for Morning Fruit time:**

Fresh fruits	Real fruit straps
Vegetables (eg. carrot sticks)	Dried fruit
Yoghurt	Cheese

#### **Foods recommended for Lunch time:**

Sandwiches with healthy fillings	Vegetable sticks with dip
Wraps with healthy fillings	Savoury biscuits
Cold 'leftovers' (eg. home-made pizza)	Home-made pikelets
Yoghurt	Cheese
Unsweetened fruit bars	Fruit (including dried fruit)

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](http://www.sahealth.sa.gov.au)

SA Health recommends "when reheating foods, heat to steaming hot. This will kill any bacteria which may have grown on the food in the fridge" (SA Health – Preventing Food Poisoning at Home). As heating to "steaming hot" would increase the risk of burns to children, **staff will not reheat food for children to eat.**

### **Food-related health support planning**

If your kindergarten child has a serious food allergy (eg. peanuts), a separate care plan or first aid plan will need to be completed by your GP and returned to the kindergarten. These plans are available from kindergarten staff.

Note: Meadows & Districts Kindergarten is an Allergy Aware centre; nuts and foods containing nuts, like Peanut Paste or Nutella are not acceptable.

**NB: This policy should be read in conjunction with the kindergarten's Birthday Celebrations Policy**