



Banksia Park Kindergarten

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Healthy Food and Nutrition Policy

Reviewed May 2022

Rationale

Banksia Park Kindergarten promotes safe, healthy eating habits in line with the Right Bite: Easy Guide to Healthy Food and Drink Supply (DfE Policy).

Early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in the following ways:

1. Short term: maximise growth, development, and activity while minimising illness.
2. Long term: minimise 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 the kindergarten curriculum. Therefore
 - Staff at Banksia Park 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 food that fit within the Right Bite Strategy for their children at kindergarten.

Curriculum

- Includes activities that provide children with the knowledge, attitudes and skills to make positive healthy choices and to learn about the variety of foods available for good health. This will be promoted through the 'Eat a Rainbow' program, 'Right Bite' posters and appropriate story books.
- Children will have the opportunity to grow their own food and be involved in the process of food production from the garden to the table.
- Includes opportunities for children to develop practical skills in preparing and cooking healthy food on a regular basis.
- Integrates nutrition across the curriculum where practicable.
- Includes the principles of the Early Years Learning Framework document, in particular Outcome 3: 'Children have a Strong Sense of Wellbeing'.
- Includes the principles of the National Quality Standards.

The Learning Environment

- Children are required to bring a named drink bottle containing water only. Fresh, cool filtered tap water is also available at the kindergarten. Educators encourage children to drink water throughout the day.
- Children eat at regular break times. These break times are a shared social experience with educators. Educators promote healthy food choices and behaviours.
- Children are educated about not sharing their food with other children due to possible allergic reactions.
- Children are encouraged to participate in using the Kindergarten garden to learn about growing, harvesting and preparing nutritious foods.

- Nutrition information and promotional information about healthy eating are made available to parents.
- Banksia Park Kindergarten is a breastfeeding friendly site.
- Food is not used as a reward.

Food Guidelines

- Morning Snack: Parents and carers are asked to supply fruit or vegetables for snack time which will provide children with important vitamins and minerals. This will also encourage a taste for healthy foods and chewing to promote oral muscle development and speech/sound production.
- Lunch: Parents and carers are encouraged to provide food choices in line with the Right Bite Strategy.
- The Kindergarten promotes environmental awareness and sustainable practices by encouraging reusable containers and reducing single use packaging.

Food Safety and Handling

- The Healthy Eating Guidelines are promoted for lunch time.
- Parents are encouraged to discuss any issues regarding the policy with staff.
- Children's lunch boxes are to be kept inside until lunchtime. It is recommended that an icepack be included to keep the food cool and lessen the chance of bacterial growth on those very hot days.
- Food cannot be heated for children at the centre.
- Correct hand washing by children is actively encouraged before eating and prior to food preparation. Staff must wash hands and wear food preparation gloves as and when deemed appropriate.
- Safe practices are promoted by educators at all times.

Special Celebrations and Birthdays

- It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the centre (special events, fundraising etc.). These occasions will be discussed and decided upon at Governing Council meetings.
- We acknowledge children's birthdays with a pretend cake, song and certificate, so it is not necessary to send anything along to share.

Food Allergies and Related Health Support Planning

- Please ensure you alert the educators upon enrolment to any food allergies your child may have.
- An up-to-date, signed Care Plan/Action Plan will be required. Please refer to the DfE Children's' Health and Medical Requirements Policy for further information.
- Educators will liaise with parents of children with allergies to ensure safe foods are provided during cooking sessions held at the centre.
- If a child or staff member has an allergy, then NO NUTS are to be brought to the centre or food that may contain traces of nuts due to any children or staff having allergic reactions. Notices will be displayed and parents will be notified.

Supporting Information

[Right Bite ready reckoner \(education.sa.gov.au\)](http://education.sa.gov.au)

[Australian Dietary Guidelines | NHMRC](#)

[Food legislation | SA Health](#)

[Nutrition and dietary requirements in preschool \(edi.sa.edu.au\)](http://edi.sa.edu.au)

[Staying healthy: Preventing infectious diseases in early childhood education and care services | NHMRC](#)

[Oral eating and drinking procedure \(edi.sa.edu.au\)](http://edi.sa.edu.au)

[Supporting children and students with anaphylaxis and severe allergies \(education.sa.gov.au\)](http://education.sa.gov.au)

Approved and Checked

Governing Council Approval: May 2022

Preschool Director: Meg Green

Governing Council Chairperson: Jane Mangos

Next Review Date: 2025