

# Healthy Eating Procedure 2023

At Adams Road Children's Centre we are passionate about providing an environment that supports and encourages healthy eating for happy, healthy, bodies and minds. Recommendations from Speech Pathologists and Dentists indicate that children should be eating crunchy foods to promote oral muscle development and healthier teeth and gums.

We promote opportunities for healthy eating by

- Providing shared fruit experiences as part of our routine
- Using produce from the garden for cooking experiences
- Encouraging "Best choice first" from children's lunchboxes at meal and snack time.
- We encourage safe and healthy practices around meal times through the following guidelines-
- Children are encouraged to wash their hands prior to handling any food.
- Children are encouraged to be independent in managing their own food.
- Children are encouraged to sit down whilst eating.
- Staff will supervise and participate with children whilst they are eating
- Our preschool follows health support plans for individual children's medical needs.

**Please note, heating and refrigerating children's food is not available at preschool. Children are welcome to bring a cold pack with their lunchboxes.**

For birthdays and celebrations we ask that rewards/treats fit our healthy guidelines, or are non-food related. Bringing in something for your child's celebrations is not expected, but if you wish to it is a great opportunity to support our healthy eating policy by bringing in such items as- fruit/veg platter, fruit kebabs, rice cake, funny faces etc.

## Food Supply

Our preschool encourages healthy food choices adapted from "The Right Bite guidelines" Please use the following guidelines for food brought from home:

Our suggestion list has been prepared using the 'Right Bite Guidelines'.

We acknowledging that children are only here for 15 hours of their week and are able to access a range of other foods at other times.

The Right Bite strategy teaches children the "traffic light" system of Healthy Eating –

**GREEN — GO** — Eat plenty of these foods at kindy.

**AMBER — SLOW DOWN** – Select carefully to have with your green choice.

**RED — STOP** – Not at kindy.

**GREEN —** Choose plenty. Children can bring green list foods for snack and lunch. We encourage fruit and/or vegetables for morning and afternoon snack as these will not spoil

Food type	Examples
<b>Bread</b>	All types of bread including wraps, burritos, tortillas etc. Multigrain, wholemeal, hi fibre is extra good!
<b>Cereal foods</b>	Rice, pasta, noodles
<b>Vegetables</b>	Any—chop up into sticks and add a low-fat dip
<b>Fruit</b>	Any—fresh, dried or fruit packs in natural juice
<b>Legumes</b>	Any—baked beans etc.
<b>Dairy products</b>	Yoghurt, custard (not flavoured) and cheese
<b>Drinks</b>	Water only at preschool
<b>Meats</b>	These need to remain cold.

**AMBER —** Select carefully. Children may choose from this list to add to their (GREEN) lunch choice.

Food type	Examples
<b>Savoury products/ foods/biscuits</b>	Check for fat and salt content. Examples could be cheese and tomato (vegetable) pizza, vegetable pastries, quiches. "Oven-baked" varieties are usually good, dry biscuits, air popped popcorn, rice cakes or crackers.
<b>Snack foods</b>	Muesli bars (NO NUTS OR CHOCOLATE)
<b>Fruit bars</b>	Fruit bars often don't contain much fruit. Check for sugar content and go fruit over 80% content. Avoid those that look like lollies e.g. tails or 'fruit bites'
<b>Cakes, muffins etc.</b>	English muffins, small muffin high in fibre and fruit, scone, small pancake/pikelet are all acceptable. No icing or chocolate.
<b>Dairy products</b>	Fruit or vanilla yoghurt or custard and cheese.

**RED —** Not for daily Preschool eating. Limited to programmed occasions per term. Such as end of term celebrations etc.

Food type	Examples
<b>Drinks</b>	Soft drinks, cordial, sports drinks, flavoured mineral waters, sports waters and fruit drinks. <b>WATER ONLY AT KINDY</b>
<b>Lollies, sweets, chocolate</b>	Confectionery-all types. Including foods that look like lollies and are high in sugar- roll ups, tails. Lollies, -Jubes and boiled sweets. Chocolate bars and chocolate flavoured products eg- on muesli bars ,custard, LCMs etc
<b>Cakes</b>	Cakes, sweet pastries and slice, doughnuts, lamingtons, cream filled buns/cakes, sweets, slices and bars.

**Please be careful selecting foods at the supermarket as food packaging may be misleading and say 'lunchbox approved' when it is unsuitable for kindy.**