

Ascot Park Kindergarten

630 Marion Road, Park Holme SA 5043

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HEALTHY EATING POLICY

RATIONALE:

As stated in the 'Eat Well SA schools and preschools healthy eating guidelines' (DECS 2004) we believe that "healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life, and plays a role in preventing disease and disability....Children and adolescents with appropriate nutrition have improved cognitive development, attention span work capacity, classroom behaviour and attendance at school and preschool..... Establishing healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life with health, social and financial benefits to individuals, families and society."

We acknowledge that primarily families are responsible for the provision of food to their children. The preschools role is to support families in this role, and use strategies that are inclusive of the socio-economic, cultural and spiritual perspectives of their communities.

POLICY AIMS:

This policy aims to develop children's capacity for healthy growth and development and healthier futures by promoting learning, health and wellbeing in relation to food and nutrition in all aspects of the learning environment.

RESPONSIBILITIES OF STAFF:

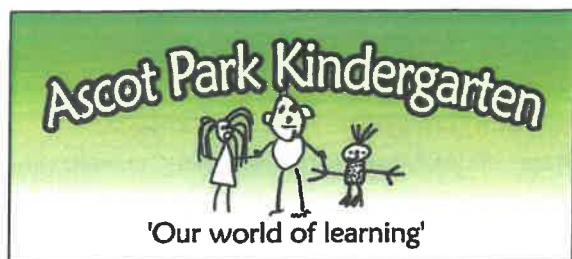
Learning programs should be developed that:

- Actively promote daily fruit and vegetable consumption and balanced intake of nutritious foods from the 5 recommended food groups;
 - Group 1 – breads, cereals, rice pasta, noodles
 - Group 2 – vegetables, legumes
 - Group 3 – fruit
 - Group 4 – milk, yoghurt, cheese
 - Group 5 – meat, fish, chicken, eggs, nuts, legumes
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- And limited consumption of foods from non-recommended group:
 - Foods that are high in fat, salt and sugar, low in fibre and of poor nutritional value and high energy density e.g. cakes, chocolate, soft drinks, chips, pastry, lollies, biscuits and snack bars
- Support frequent drinking of fresh, clean tap water



Government of South Australia

Department for Education



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- Support the development of independence in eating and drinking routines with children including washing hands, opening containers, peeling fruit, putting rubbish in bins, replacing bags when finished
- Provide opportunities for developing practical food skills related to growing, selection, storage, preparation, cooking and serving food
- Are inclusive of the socio-economic, cultural and spiritual perspectives of their communities
- Support community initiatives that assist groups who are at risk in relation to food and nutrition
- Ensure children with medically warranted individual health care needs related to food and nutrition are supported in line with the DfE health support planning policy
- Foster communication and relationships with families to support healthy eating outcomes for children including parent education through newsletters, brochures, guest speakers, displays
- Comply with health authority food safety policies in particular using effective hand washing techniques in the context of food handling
- Include foods that comply with dietary guidelines for children and adolescents in Australia, providing foods that do not apply as part of special events no more than twice a term
- Do not use food as rewards for positive behaviour or withheld as a disciplinary measure
- Support a friendly breast feeding environment

RESPONSIBILITIES OF PARENTS:

- Parents will inform staff on enrolment of any known allergies or food reactions. These will be placed inside the kitchen cupboard for all educators to access.
- Parents will provide food from the recommended food groups for children's snacks and lunches
- Ensure fundraising involving food is consistent with Healthy Eating Guidelines.

• Date First Endorsed by Governing Council	February 2003
Review Dates	March 04, March 05, Sept 06, Nov 07, July 18
Current Review	Nov 2020
Governing Council	 (Signature)



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