



Athelstone Preschool

Healthy Food Supply and Nutrition Policy

Rationale

Athelstone Preschool 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 DECD 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 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 preschool 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 Right Bite strategy for their children at preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum

Our preschool'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
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental learning outcome: 'Children have a strong sense of wellbeing'.

The Learning environment

Children at our preschool:

- have fresh, filtered tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:

- 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
- is a breastfeeding friendly site

Food supply

Our preschool has the following guidelines for families for food brought from home:

Morning and afternoon fruit time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Lunch

Parents and carers are asked to pack small serves of nutritious foods as recommended in the Right Bite Guidelines and summarised below:

- Fresh sandwich with healthy fillings or unsalted crackers
- Yoghurt
- Dried fruit
- Cheese

After children have eaten their sandwich it is acceptable for them to have something from the Amber category such as a sweet biscuit or muffin. We do not encourage chocolate, chocolate custards or pre-packaged, high sugar bars (eg. LCM bars)

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the Right Bite Strategy
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Working with families, health services & industry

Our preschool:

Provides information to families and caregivers about the Right Bite Strategy through a variety of ways including:

- newsletters
- policy development/review
- information on enrolment
- pamphlet/poster displays
- promotes the alignment of fundraising with the Right Bite strategy.

In order to protect all children, we ask that foods do not contain nuts.

For the full details see www.decd.sa.gov.au/eatwellsa

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