



Nutrition, food and beverages and dietary requirements policy

At Augusta Park Childhood Services Centre, we believe in providing an environment which encourages healthy eating and living. Healthy foods and water intake coupled with healthy eating habits promote growth and development which, in turn, helps prevent childhood obesity and other health issues that may arise later in life. This policy links with the Early Years Learning Framework – Outcome 3 “Children have a strong sense of well-being”. Specifically, “Children show an increasing awareness of healthy lifestyles & good nutrition” – ‘Belonging, Being & Becoming”

Lunch and snack time

At lunch time please supply a healthy lunch, which may include:

- 2 serves of breads and cereals e.g. one sandwich, roll or wrap
- 2 serves of vegetables
- 1 serve of fruit
- 1 - 2 serves of dairy
- 1 serve of lean meat or meat substitutes such as legumes.

Snack Time please provide at least one piece of fruit and/or vegetable for your child at snack times. We have two snack times morning and afternoon. Examples: vegetables, yoghurt, cheese & crackers or small/medium fruit muffin.

Right Bite

The Right Bite policy is used throughout schools and Preschools in South Australia. Foods have been divided into 3 categories:

- **Green – foods which are the healthiest choices – Choose plenty**
- **Amber – foods which are more processed with some added salt, sugar and/or fat- Select carefully**
- **Red – foods which are highly processed, energy dense and nutrient poor – Occasionally**

Educators will use their discretion and provide at least one (1) weeks' notice prior to doing a cooking experience which fall under the category of 'red food'. If Red Foods are provided at Preschool, there shall be no more than 2 a term.

Nut Free Area

Augusta Park Childhood Services Centre is a Nut Free Area. Nuts and traces of nuts are widely used in processed foods and labels need to be read carefully to ascertain if the foods are nut free. Please refrain from sending Peanut butter, Nutella, commercially produced muesli bars and nuts in children's lunch boxes due to health and safety reasons i.e. anaphylaxis/choking. Parents will also be informed if other anaphylactic causing food allergies are present and are to be avoided at Preschool. The Preschool will display such notices at the centre.

Our learning environment

- Plan healthy cooking experiences for the children by creating food, introducing recipes and where possible using the produce from our garden for the children to enjoy
- Encourage healthy eating and living
- Role model healthy eating
- Provide families with healthy eating information

- Families will not be shamed and food will not be sent home deemed “unsuitable”. Educators understand that there are times when families have no other food options at home. In these situations, discussions with families will occur to see if any other options may be available, or if the Preschool could support in any way, such as, by supplying fruit each day.
- Ensure all children sit whilst eating
- Provide relaxed lunch and snack times where children are able to interact with their peers
- Provide fresh drinking water
- Inform families if food protocols need to change due to children attending preschool with life threatening allergies other than nuts.

We are also a breast feeding friendly site.

To support our healthy eating, policy please follow the guidelines below;

- Please supply a water bottle for your child whilst at Preschool. Water is the recommended (and only drink) for children at Preschool. Educators will refill bottles as necessary.
- Please avoid processed “red” food and snacks.

Birthday celebrations

Birthdays are celebrated at Augusta Park Childhood Services Centre and are inclusive of everyone. Consequently, parents are asked to refrain from providing cake for their child’s birthday as this goes against our Healthy Eating policy. Celebrations include singing Happy Birthday, giving your child a birthday certificate & birthday sticker. Consideration and respect is also given for families that wish to abstain from participating in birthday and/or other celebratory occasions due to religious reasons.

Other resources

- Government of South Australia - Right Bite

<http://www.decd.sa.gov.au/docs/documents/1/theEasyGuidetoHealthyFood.pdf>

- Eat a Rainbow (Resources to promote learning about the importance of eating a variety of fruit and vegetables to young children and their families)

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+eating/healthy+eating+at+different+ages+and+stages+of+your+life/healthy+eating+for+kids+and+teens/eat+a+rainbow+resources>

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