



Baden Pattinson Kindergarten



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Department for Education

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Healthy Food and Nutrition Policy – Baden Pattinson Kindergarten

Adapted from the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools* incorporating the *Eat Well SA DECS Healthy Eating Guidelines (2004)*.

The staff at Baden Pattinson Kindergarten (BPK) aim to promote nutritional eating habits in a safe, supportive environment. 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.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in these ways:

1. Short term: maximises growth and development. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
Advice from speech pathologists and dentists indicates that children should be encouraged to eat crunchy foods.
2. Long term: Minimises the risk of diet related diseases later in life eg. heart disease and diabetes.

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 growing, preparing and cooking healthy food and includes regular visits to the neighbouring Glenelg North Community Garden (where we have another vegetable garden, plot no. 10) integrates nutrition across the curriculum where possible and is part of the Early Years Learning Framework and the National Quality Standards.

The Learning Environment

Children at our preschool:

- have fresh, clean filtered tap water available at all times and are encouraged to drink water throughout the day
- are encouraged to bring their own named water bottle which will be refilled if finished
- eat in a positive, social environment supervised by staff who model healthy eating behaviours.

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 a morning and afternoon fruit time:

- parents and caregivers are encouraged to pack two fruits/vegetables or a slice of cheese from home to encourage a taste for nutritious foods.
- promotes chewing to improve muscle development necessary for speech articulation.
- provides children with important minerals and vitamins.

FOODS UNSUITABLE FOR FRUIT TIME: include packaged foods, cakes, sweets, muesli bars and biscuits.

ALL NUT PRODUCTS DUE TO LIFE THREATENING ALLERGIES. Cordials and sweetened fruit juices are not recommended and fresh water is also promoted.

Parents are encouraged to follow the above guidelines, and ask staff if they have any issues.

Lunch Time

A healthy lunch box might include a sandwich, fruit, yoghurt, vegie sticks etc. Please do not include chocolate, muesli bars, roll ups etc. Please also include an ice brick to ensure food safety in lunch boxes, especially when meat and dairy items are included.

Our Kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a year, in accordance with the Healthy Eating Guidelines.

We will display nutrition information and promotional materials about healthy eating and provide information updates in newsletters.

Food safety

Our preschool:

- promotes and teaches food safety to children during food tasting/learning/ cooking activities.
- is aware of children's allergies and intolerances from the Kindy Medical list and Plans. This also includes any cultural considerations.
- encourages staff to access training as appropriate to the *Healthy Eating Guidelines*.
- provides adequate hand washing facilities for everyone.
- promotes, encourages and supervises correct hand washing procedures with children.
- we cook and or taste healthy options each week and display this information for the parents. Information may also be included in newsletters and emails and is incorporated in the fortnightly planning with regard to children's voice and interests.

Food-related health support planning

Our preschool:

Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues and is considerate of cultural/religious considerations.

Working with families, health services & industry

Our preschool:

- has invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- invites health professionals to be involved in food and nutrition activities with the children
- provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as: newsletters, emails, the information booklet, displays and policy reviews.

Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*.

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