

BALLARA PARK KINDERGARTEN



HEALTHY FOOD POLICY

Staff at this preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. 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 and activity whilst minimising illness
2. Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

This food policy has been established after consultation with staff and parents within the preschool community with advice from a dietician from Southern Adelaide Health Services.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Australian 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 principles of good nutrition across the curriculum where possible.
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- fits with the Early Years Learning Framework and meets requirements of the NQS.

The Learning Environment

Children at our preschool:

- have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day.
- are encouraged to bring their own named drink bottle
- eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our preschool:

- understands and promotes the importance of breakfast 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:

It is recommended parents and carers supply fruit and vegetables to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods
- encourage chewing which promotes oral muscle development

Parents/Carers are recommended to pack a healthy prepared lunchbox each day including

- Fresh fruits, vegetables, yogurt or a slice of cheese for morning snack time.
- A lunch time meal for example sandwiches with savoury filling, crackers with cheese, or a thermos with pasta.
- A filled water bottle – children are encouraged to drink water through-out the day

The following are not recommended

- A lunchbox containing only cakes, chocolate and sweet biscuits
- Cordials or sweetened fruit juices
- Foods containing nuts

When we have children with severe allergies to other foods we will inform families and provide specific information.

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

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

Food safety

Our preschool:

- promotes and teaches food safety to children during food learning/ cooking activities.
- encourages staff to access training as appropriate to the *Healthy Eating Guidelines*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children.

Food-related health support planning

Our preschool:

- liaises with parent/carers directly to identify and document individualised risk minimisation strategies when a child has specific health and/or nutrition need. This may involve the discussion and development of a health support agreement along with a Safety and Risk management plan.

Working with families, health services & industry

Our preschool:

- invites parents and caregivers to be involved in the review of our healthy food 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, policy development/review, information on enrolment and pamphlet and poster displays
- promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia* where possible.

This policy has been developed with and endorsed by staff and Governing Council.

It is reviewed regularly

Last review and endorsement 24 August 2021