



## **FOOD, BEVERAGE AND NUTRITION POLICY**

This policy is in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools* incorporating the *Eat Well SA DECS Healthy Eating Guidelines (2004)*.

### **Rationale**

Berri Community 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 Learner Wellbeing Framework.

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

- Short term: maximises growth and development, activity levels and improves behaviours critical to educational success and performance.
- Long term: minimises the risk of diet related diseases later in life such as diabetes, obesity, osteoporosis, dental decay, cardiovascular disease and cancer.
- Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in the learning environment.

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. Using this strategy, food supplied on a daily basis by families must be selected from the GREEN section of the spectrum.

### **Curriculum**

Berri Community 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 where possible.
- ensures that healthy eating learning programs are inclusive of the socio-economic and cultural aspects of the preschool community.

### **The Learning environment**

Children at our preschool:

- have fresh, clean water available at all times and are encouraged to drink water regularly throughout the day.
- will eat routinely at scheduled break times.
- will be actively encouraged to consume fresh fruit and vegetables daily.
- 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 regular meals for children.
- teaches the importance of healthy meals and snacks as part of the curriculum.
- provides food and nutrition related play opportunities.
- is a breastfeeding friendly site.

#### Food supply

##### Our preschool:

- encourages healthy food and drink choices for children in line with the *Right Bite* strategy.
- encourages food choices which are representative of the foods of the preschool community.
- encourages food choices that promote chewing, for oral muscle development.
- ensures healthy food choices are promoted and are culturally sensitive and inclusive.
- ensures a healthy food supply for preschool activities and events in line with the *Right Bite* strategy.
- displays nutrition information and promotional materials about healthy eating.
- promotes the alignment of fundraising with the *Right Bite* strategy.

Our preschool has the following guidelines for families for food brought from home or provided by staff within preschool time:

#### Fruit Time

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

- provide children with important minerals and vitamins.
- encourage a taste for healthy foods.
- promote the eating of foods with a variety of textures.

At fruit time children can select from the following:

Fruit	Washed fresh fruit, canned fruit in natural juice (not syrup) and dried fruit.
Vegetables	Fresh vegetables – raw or cooked.
Dairy	Yoghurt or cheese.

#### Lunch Time

Parents and carers are encouraged to supply food at lunch time to:

- provide children with fibre and protein.
- encourage a taste for a variety of healthy foods.
- promote the eating of a savoury selection first, before fruit or dairy.

At lunch time children can select from the following:

Breads	White, multigrain, wholemeal, rye, hi-fibre bread or rolls. Focaccia, lavash, Lebanese or pita bread, raisin or fruit bread, tortillas, rice cakes (large) and Turkish bread.
Cereals	Rice, pasta, noodles, polenta or burghul/cracked wheat.
Legumes	All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, peas, bean curd and tofu.
Lean meat, fish & poultry	Lean chicken, ham, beef, lamb, pork, canned tuna or salmon and eggs.
Fruit	Washed fresh fruit, canned fruit in natural juice (not syrup) and dried fruits.
Vegetables	Fresh vegetables – raw or cooked.
Dairy	Yoghurt or cheese



### **Drinks**

Children must bring a drink bottle containing only water to preschool every day.

### **Celebrations**

Our preschool acknowledges birthdays and special occasions with a pretend cake, stickers and certificates. Cakes and other food items are not to be brought in as part of these celebrations.

### **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.
- ensures that children are seated and supervised when eating, and only eat communally at the designated times (Unless the child has identified special needs; allowances are made.)
- stores children's lunches in the fridge daily.

### **Beverage safety**

Scalds and burns from hot liquids are a common cause of hospital admission in 0 to 4 year olds. A child's skin is thinner and more sensitive than an adult's and will therefore experience a more severe burn. Children's natural curiosity, impulsiveness, mode of reaction and lack of experience in assessing danger are contributing factors to the vulnerability of children at this age. Common scenarios that can lead to a child being scalded include when a child pulls a cup of tea, coffee or hot water from a table or bench, or when a child runs into a person holding a hot drink resulting in the hot drink spilling over the child's body.

Our preschool:

- ensures insulated covered cups are provided for staff who wish to consume hot drinks whilst supervising children.
- safely locates kettles and power cords out of reach of children.

### **Food-related health support planning**

- Our preschool liaises with families to ensure a suitable food supply for children with specific health needs that are related to food issues (eg. allergy, intolerance and illness).
- If a child with a serious food allergy (eg. eggs), commences at Preschool, a separate policy for the duration of that child's involvement with the preschool will be developed and communicated to parents and staff.
- It is the responsibility of parents/ caregivers to notify the centre if their child has a special dietary need.
- Due to the lethality of nut allergies, Preschool is a nut free zone.



### **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 – new parent meeting and information pack
- pamphlet/poster displays

This policy has been developed in consultation with the Governing Council, staff and families of the centre and will be reviewed and evaluated regularly and modified as required to ensure continued relevance for Berri Community Preschool. This policy will be shared with all new staff and families, and available on the website and in the preschool policies folder.

Policy Issued: November 2019

Policy Review Date: 2021