

Healthy Food and Nutrition Policy

This policy supports the *Right Bite Healthy Food and Drink Supply Strategy* for SA schools and preschools.

Goal

To promote healthy eating habits in a positive eating environment. We believe that early childhood is an important time for establishing lifelong healthy eating habits and that healthy food aids children's ability to concentrate and learn.

At Blakeview Preschool:

- Staff will 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 child at preschool

Curriculum

Our preschools food and nutrition curriculum:

- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about a variety of foods available for good health
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy foods
- Is integrated into our program and consistent with the Early Years Framework and NQS

The learning environment

Children at our preschool:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly during the day
- Are encouraged to bring their own named drink bottle filled with water only
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Eat while seated
- Have the opportunity to learn about and experience growing, harvesting and preparing nutritious food through our participation in the Stephanie Alexander Kitchen Garden Program
- Wash their hands before and after all meal times using soap and water in the bathroom. If hand washing facilities are unavailable (eg on excursion) children will use hand sanitiser before and after all meal times.

Our preschool:

- Understands the importance of regular meals for children
- Teaches the importance of healthy meals and snacks as part of the curriculum
- Our preschool will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods to no more than twice a term, in accordance with the Healthy Eating Guidelines.

Parents and caregivers are encouraged to provide healthy food and drink choices in line with the *Right Bite strategy*. Staff will ensure that food provided to children is in line with the *Right Bite strategy* and will ensure that healthy food choices are promoted and are culturally sensitive and inclusive. Our preschool has the following guidelines for food brought from home

Snack time

Parents and caregivers are encouraged to supply food that:

- Provides children with important vitamins and minerals
- Encourage a taste for healthy foods

Examples:

- Any fresh fruit/ vegetables
- Cheese
- Savoury sandwiches
- Home-made savoury food (no egg or nut products)
- Air popped popcorn
- Dried fruit
- Crackers
- Yoghurt/ custard
- NO NUT PRODUCTS- due to children's allergic reactions

From time to time there may be a restriction on certain foods if a child is attending with a particular food allergy.

Lunch time

A healthy lunch box might include

- Sandwich
- Sushi
- Fruit
- Yoghurt/ custard
- Vegie sticks
- Savoury rice
- Dip and crackers
- Pita bread
- Salad wrap
- Rice cakes with savoury filling

Please do not include chocolate, cakes, rollups, muesli bars, chips, jelly, lollies etc.

This also includes home-made sweet foods (eg. Cupcakes, sweet biscuits, donuts)

Please ask staff if you are unsure.

Please note that due to food safety regulations we will not be able to heat or cook any foods for lunch.

Food will not be confiscated. Children will be encouraged to eat other healthy alternatives that they have brought with them, or if life threatening (eg. a nut based sandwich) they will be offered an alternative sandwich.

Educators will not force children to finish their food. Children are encouraged to follow their bodies signals and eat until they feel full. Children are offered multiple opportunities to eat during the day.

Food safety

Our preschool:

- Promotes and teaches food safety to children during learning/ cooking activities
- Promotes adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff
- Ensures all children are appropriately supervised when participating in cooking experiences

Working with families, health services and industry

Our preschool:

- Invites parents and caregivers to be involved in the review of our whole site food and nutrition policy
- Provides information from various sources, including the Right Bite Strategy to families and caregivers through a variety of ways including:
 - Newsletters
 - policy review/ development
 - information on enrolment
 - pamphlet/ poster displays
- Liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues

References:

Easy guide to healthy food and drink supply for South Australian schools and preschools policy (2015)
<https://myintranet.learnlink.sa.edu.au/library/document-library/controlled-policies/the-easy-guide-to-healthy-food-and-drink-supply-for-south-australian-schools-and-preschools.pdf>

Eat well SA schools and preschools healthy eating guidelines (2004)
<https://myintranet.learnlink.sa.edu.au/library/document-library/guideline/early-childhood/eat-well-sa-schools-and-preschools-healthy-eating-guidelines.pdf>

Right bite ready reckoner

<https://myintranet.learnlink.sa.edu.au/library/document-library/guideline/early-childhood/right-bite-ready-reckoner.pdf>

National Quality Standard 2.2 (2011)

<http://acecqa.gov.au/national-quality-framework/national-quality-standard/>

Right Bite Policy (2007)

Created: April 2018

Endorsed: May 18th 2018

Reviewed: May 22nd 2020

Reviewed: June 17th 2022

Reviewed: June 28th 2023 (minor changes)

Reviewed: October 26th 2023

Next review: 2025