



# Booleroo Centre District Kindergarten and Rural Care, Incorporating Melrose Rural Care

## FOOD AND DRINK

We promote healthy eating habits to support children's nutrition and dental health. Children will be asked to choose a piece of fruit for recess and then other "healthy" food before eating foods with lower nutritional value. Please avoid lots of prepackaged snacks in lunch boxes as these tend to be high in sugar, salt and fat and the packages themselves contribute to landfill.

Some children eat a lot more at Kindy or Care than at home and others eat a lot less. It is better to send too much food than not enough.

Children are to bring WATER ONLY in their water bottles please.

PLEASE DON'T PACK...	WHY?
Chips	Too high in salt and fat, low nutritional value
Lollies	Too high in sugar, low nutritional value
Nuts/nut products (Nutella, peanut butter, almond meal biscuits etc)	High risk of severe allergic reaction if touched or consumed by another child/baby
Cordial/Fruit Drinks	High in sugar. Water is the recommended drink for children



## NUTRITION POLICY

### EYLF:

#### Wellbeing:

Children take increasing responsibility for their own health and physical wellbeing.

### NQS:

Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child. [2.2.1]

### BELIEF STATEMENTS:

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, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

#### Therefore:

- Educators 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.

### POLICY SCOPE:

- Curriculum
- The Learning Environment
- Mealtimes
- Food Safety
- Food-Related Health Support Planning
- Working with Families and Health Services

### POLICY DETAIL:

#### CURRICULUM

Our site'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 curriculum where possible
- Is consistent with the Early Years Learning Framework and the National Quality Standard

#### THE LEARNING ENVIRONMENT

Children at our site:

- Are encouraged to bring their own named water bottle which they have independent access to at all times
- Where a water bottle is not provided children will have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- Will eat routinely at scheduled break times
- Eat in a positive, social environment with educators who model healthy eating behaviours
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our site:

- Understands and promotes the importance of breakfast and regular meals for children

#### MEAL TIMES

Parents and carers are asked to supply appropriate food that:

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

Lunch boxes will be stored in the fridge. Healthy lunch box ideas include sandwiches, fruit, yoghurt, veggie sticks, cheese etc. We discourage supplying your children with chips, cakes, lollies, roll ups, chocolate etc.

Educators will support children in making healthy choices by:

- Assisting children in selecting their healthiest choice to eat first
- Modelling healthy nutrition



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- Engaging in conversation over meal times about healthy choices
- Displaying nutrition information and promotional materials about healthy eating, and provide information updates in newsletters

Our site:

- will ensure healthy food supply for preschool activities, celebrations and events, strictly limiting the availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drink to **no more than twice a term**, in accordance with the Healthy Eating Guidelines.
- Is a breastfeeding friendly site.

## FOOD SAFETY

At our site we:

- Promote and teach food safety to children during food learning/cooking activities.
- Encourage educators to access training as appropriate to these guidelines.
- Provide adequate hand washing facilities for everyone.
- Promote and encourage correct hand washing procedures with children.
- Cook healthy options and involve children where it is safe to do so.
- Ensure children are seated and supervised at all times when eating.
- Present food and encourage parents to provide food in an age appropriate manner.
- (to encourage crunchy food for older children/avoiding choking hazards for younger)
- Permit birthday cakes with children only receiving a small portion. Candles are not permitted.
- Parents must consult with staff before the event and children with allergies may bring an alternative option.

## FOOD-RELATED HEALTH SUPPORT PLANNING

Our site liaises with families to ensure suitable food options for children with health support plans or cultural beliefs and traditions when cooking.

## WORKING WITH FAMILIES AND HEALTH SERVICES

Our site:

- Has invited parents and caregivers to be involved in the review of our whole site/s 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, policy development/review, enrolment interviews, pamphlets, posters and displays.

## SIGNATURES

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(Kindy, Rural Care and Playgroup Committee)

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(Director)

## REVIEWED DATE:

Term 2 2018