

## Brahma Lodge Kindergarten Healthy Food Policy – May 2022

### **Rationale**

This 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 DECS wellbeing strategy.

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:

- 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.

This food policy has been established after consultation with staff and parents within the preschool community.

### **Curriculum**

Our kindergarten'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 part of the Early Years Learning Framework and NQS.

### **The Learning Environment**

Children at our kindergarten:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day.
- will eat routinely at scheduled break times.
- 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 kindergarten:

- 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:

- *Provides the following suggestions for families for food brought from home:*

### **FRUIT TIME**

Parents and carers are encouraged to provide fruit, vegetables and healthy snacks at snack time to:

- o Provide children with important minerals and vitamins
- o Encourage a taste for healthy foods
- o Encourage chewing which promotes oral Muscle development.

Foods that are not recommended include: sweets, lollies, chips.

Cordials and sweetened fruit juices are not recommended.

### **LUNCH TIME**

A healthy lunch box might include a sandwich, fruit, yogurt, vegie sticks etc.

Please do not include chocolate, roll ups etc.

Please ask staff if you are unsure.

- 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 term, 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 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.

## **Working with families, health services & industry**

### Our preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
  - o newsletters
  - o policy development/review
  - o information on enrolment
  - o pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite strategy*.

The staff at Brahma Lodge Kindergarten thank you in advance for your support of this policy.