

# **Cambrai Preschool & Occasional Care**

## **Healthy Eating Policy**

### **RATIONALE**

Our staff believes in promoting 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 life-long healthy eating habits and can benefit the children in four 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 for example heart disease, strokes, some cancers and diabetes.
- (3) Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.
- (4) Nutrition contributes to good health and well-being and this is vital for positive engagement in learning activities.

### **RESPONSIBILITIES**

#### **Responsibilities of staff:**

- To model healthy eating
- To promote and teach the importance of healthy eating practices and snacks as part of the curriculum
- To work with parents to assist in encouraging healthy eating practices for their children

#### **Responsibilities of Parents / Caregivers:**

- To provide healthy food for fruit time

### **CURRICULUM**

- Our Preschool integrates nutrition from the *National Quality Standards* and *BELONGING, BEING & BECOMING The Early Years Learning Framework for Australia* relating to the developmental learning outcome: 'Children have a strong sense of well being'.
- Our Preschool staff ensures that children are taught about food and nutrition in the curriculum. Lunch-time, recess and fruit-time are promoted in a positive, relaxed and social eating environment. Self-help skills are also promoted.
- The curriculum is consistent with and promotes the healthy eating guidelines outlined in *The Right Bite Healthy Food and Drink Supply for South Australian Schools and Preschools Policy*.
- Activities will be provided to enhance children's knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- This includes opportunities for children to develop practical food skills like preparing and cooking healthy food.

## THE LEARNING ENVIRONMENT

Children at Cambrai Preschool/ Occasional Care have access to fresh, clean tap water which is available at all times and they are encouraged to drink water regularly throughout the day.

Each child is encouraged to:

- Bring their own labelled water bottle
- Eat routinely at scheduled break times
- Eat in a positive social environment with staff who encourage and model healthy eating behaviours
- Use the centre garden to learn about and experience growing, harvesting and preparing nutritious foods

Our Preschool & Occasional Care:

- Provides rewards/encouragements that are not related to food or drink
- Promotes the importance of breakfast and regular meal times
- Teaches the importance of regular healthy meals and snacks as part of the curriculum
- Is a breast feeding friendly site

## FOOD SUPPLY

Our Preschool has the following guidelines for families with regard to food brought from home.

### Fruit-time

Parents and Carers are asked to supply fruit and/or vegetables for this time to provide children with important vitamins and minerals and also encourage a taste for healthy foods and promote chewing to enhance oral muscle development.

### Recess and Lunch

Parents and Carers are asked to pack small serves of nutritious foods as recommended in *The Right Bite Healthy Food and Drink Supply for South Australian Schools and Preschools Policy* guidelines and summarised below:

- Fresh sandwiches or rolls with healthy savoury fillings
- Unsalted crackers and cheese or dip
- Yoghurt
- Dried fruit
- Cheese
- Rice or pasta
- Salads
- Wraps with healthy fillings
- Quiche or zucchini slice
- Fruit, vegetable or cheese muffins
- Tuna or salmon cans
- Cold meats
- Cut up vegetables
- Fresh fruit
- Healthy biscuits

### The guidelines do not recommend:

- Fruit Roll-ups
- Chips
- Sweets
- Cordial, Chocolate
- Drinks other than water
- Muesli bars

## No Nut Policy

If a child with nut allergies is enrolled at the Preschool, then a *No Nut Policy* applies.

Nuts, items that have had nuts in them or items that have been processed in an area containing nuts **cannot** be brought onto site, including peanut butter/paste, Nutella and muesli bars.

Please consult staff if you are unsure.

If a child with a nut allergy is enrolled, then the curriculum will incorporate learning about food allergies.

## Guidelines for children on special diets

*Cambrai Preschool Healthy Eating Policy* provides for special dietary needs as per children's individual health plans.

Children's birthdays are celebrated with the 'Happy Birthday' song and "Show and Tell". Food treats are not encouraged in line with *The Right Bite Healthy Food and Drink Supply for South Australian Schools and Preschools Policy*.

## Food Safety

Our Preschool

- Promotes and teaches food safety and handling procedures to children during food learning /cooking activities.
- Training and professional development by staff is encouraged to enable them to understand the healthy eating guidelines.
- Adequate hand-washing facilities are provided for everyone and correct hand-washing procedures with children and staff are promoted.
- Liaises with families to ensure all food related medical conditions are taken into account when planning activities

## Working with families, health services & Industry

Our Preschool/Occasional Care:

- 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:
  - Newsletter
  - Policy development/review
  - Information on enrolment
  - Pamphlet/poster displays
  - Information evenings

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National Quality Standard: 2.2.1, 7.3.1, 7.3.2

DECD Nutritional Food and Beverage Dietary Requirements Regulation 168, 77, 78, 79, 80

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