



Campbelltown Preschool

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Right Bite Food Supply and Nutrition Policy

National Quality Standard 2.2 Regulation 168 (2) (a) (i) Related Key Regulations: 77, 78

Rationale

Campbelltown 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 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:

- 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.

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

Curriculum

Campbelltown'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.
- encourages children to practice the habit of being 'food explorers' and to use the mantra 'lick it, smell it, taste it. If I don't like to today I might like it tomorrow' (OPAL Program)

The Learning environment

Children at our preschool:

- 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

Campbelltown Preschool:

- provides encouragements that are not related to food or drink
- 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

Campbelltown 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
- 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

The following guidelines are for families for food brought from home or provided by Educators within preschool time

Snack Time: Parents and carers are encouraged to supply fruit, vegetables and healthy foods, at snack time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are **encouraged** to provide healthy food and drink choices in line with the **Right Bite** strategy. Children who bring unhealthy foods to preschool will be given the option to 'swap out' their unhealthy snack for a piece of fruit. Any unhealthy snacks will be sent home with a note.
- We are an allergy aware Preschool and would like parents to respect that some children are allergic to nuts and therefore nuts should not be packed in the children's snack or lunch.
- Educators will ensure that food provided to children by the preschool is in line with the *Right Bite* strategy

Food safety

Campbelltown Preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages Educators 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 Educators.

Food-related health support planning

Campbelltown Preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services and industry

Campbelltown 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
- works closely with the Campbelltown branch of OPAL.

The Educators at Campbelltown Preschool thank you in advance for your support of this policy.

For more information about healthy eating please

visit: <http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbitehome/>