

At Christie Downs Kindergarten we believe in providing an environment which encourages healthy eating and living. Healthy foods coupled with healthy eating habits promote growth and development which, in turn, helps prevent childhood obesity and other health issues that may arise later in life. The kindergarten staff and parents have met with the nutrition-ist from the Noarlunga Health Village to discuss healthy eating and support to parents with issues around obesity.

At Kindergarten it is recommended that they are provided daily with:

- 2 serves of breads and cereals eg. one sandwich
- 2 serves of vegetables
- 1 serve of fruit
- 1 - 2 serves of dairy
- 1 serve of lean meat or meat substitutes such as legumes.

Right Bite:

The Right Bite policy is used throughout schools and Kindergartens in South Australia. Foods have been divided into 3 categories:

- **Green** – foods which are the healthiest choices – **Choose plenty**
- **Amber** – foods which are more processed with some added salt, sugar and/or fat- **Select carefully**
- **Red** – foods which are highly processed, energy dense and nutrient poor – **Occasionally**

Kindergarten Staff will use their discretion and provide at least one (1) weeks' notice prior to nominating a 'Red Food Day'. If Red Foods are provided at kindergarten there shall be no more than 2 a term. *A note will be displayed at the site re-minding parents of these days.*

Christie Downs Kindergarten is a **Nut Aware Zone**. Nuts and traces of nuts are widely used in processed foods and labels need to be read carefully to ascertain if the foods are nut free. Peanut butter, Nutella, commercially produced muesli bars and nuts are not to be provided at Kindergarten.

At Kindergarten we:

- Encourage healthy eating and living.
- Provide shared bread, fruit and vegetables from the food bank.
- Provide children's birthdays cakes either home made/shop bought ensuring food allergies are noted
- Provide fruit and sandwiches when the families don't have bread or fruit.
- Role model healthy eating
- Provide families with healthy eating information
- Include healthy eating and living within the curriculum
- Plan healthy cooking experiences for the children
- Ask that parents follow the healthy eating guidelines within this policy
- Ensure all children sit whilst eating
- Provide relaxed lunch and snack times where children are able to interact with their peers
- Provide fresh drinking water
- Inform families if food protocols need to change due to children attending kindergarten with life threatening allergies other than nuts.

NUT (AWARE) FREE ZONE



Below are guidelines which we ask that you follow to support our healthy eating policy.

Please **supply** a water bottle for your child whilst at Kindergarten. **Water** is the recommended and **only** drink for children at Kindergarten. We have filtered water at kindergarten and staff will refill bottles as necessary.

Please supply your child with enough food for a whole day at Kindergarten, bearing in mind appropriate serving sizes. As a recommendation it is suggested:

- At least one piece of fruit for your child at snack times. Generally morning snack
- A healthy sandwich, roll or wrap for your child's lunch
- One **or** two healthy snacks for your child's lunch including vegetables, yogurt, **homemade** muesli bars (**nut free**), cheese and crackers, small/ medium fruit muffin.
- Ice packs in children's lunchboxes

Please **avoid processed snacks**. *Popcorn* can be a healthy alternative if it is air popped and only a *small serve* is provided. Snacks **high in fat, sugar and salt may be provided ONLY on our nominated 'red food days'**. These include foods such as lollies, biscuits, donuts, chocolates, potato chips, large cakes, cakes with icing or cream, sugary drinks including cordial, sweet pastries, pies, pasties and sausage rolls. These foods will be **sent home** in your child's lunch box except on **Red Food** days. Children will be advised to save such foods/treats till after kindergarten; parents will be advised if this situation should occur.

Sourced: Rite Bite for schools and preschools - www.decs.sa.gov.au/eatwellsa/a8

Start Right Eat Right – Lady Gowrie Tasmania and Community Nutrition Unit, Department of Health and Human Services Tasmania, 2002

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