

Healthy Eating Policy

National Quality Standard 2.2 Regulation 168 (2) (a) (i) Related key regulations: [77](#), 78, [79](#), [80](#)

Policy Statement

Christies North Kindergarten is committed to promoting and educating children and their families about healthy eating habits.

The importance of a good diet is the benefit to all and good nutrition plays an important role in the health and wellbeing of children, their families and the community.

As part of the kindy routine, children will be offered a morning fruit time, lunch time and afternoon fruit time. We will promote healthy eating and the development of healthy eating habits now and for later life.

Food Allergies

From time to time we have children who attend the kindergarten that have severe food allergies. These foods generally include nuts, dairy, seafood and egg. For these children coming into contact with these foods can cause a life threatening situation.

Educators will inform families when we have a child with food allergies attending the centre and the foods that they are allergic to.

To ensure the safety of the children in our care, educators will diligently supervise children with food allergies and promote washing of hands and faces before and after eating.

Please make sure you inform Kindergarten educators if your child has any allergies.

Fruit time

Children are encouraged to eat a fresh piece of fruit or vegetables eg:- bananas, apples, oranges, pears, kiwi fruit, mandarins, strawberries, apricots, peaches, plums, celery, cucumber, carrot etc.

Lunch time

Children are encouraged to eat healthy lunch options first before consuming treat items. Lunch suggestions: Rolls, sandwiches, tuna, pasta, salads, cold meats, yoghurt. Left over meals can be reheated.

Due to their high sugar content food items such as fruit bars, roll ups, chips, chocolate, lollies, biscuits are discouraged. Treat items should be kept to a minimum.

Curriculum

As part of our role, educators will ensure children receive positive education through the play based curriculum about healthy lifestyles. This will include the importance of a balanced diet and the recognition that some foods are acceptable in moderation eg. special occasions such as birthdays and other celebrations.

Cooking

Cooking is a valuable experience for the children and involves much learning. Educators will endeavour to make our cooking experiences of a healthy nature and have good nutritional value.

Drinks

Children are to drink water only during Kindy sessions. Children should bring their own water bottle to drink during session time. Educators can assist children to access the Pura-tap to refill their bottle as needed.