

Cowandilla Children's Centre and Preschool Healthy Foods and Nutrition Policy

This Policy Relates to National QA 2 – Regulation 168

Cowandilla Children's Centre (including Preschool) promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools..**

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in the following ways:

1. Maximises physical and cognitive growth
2. Contributes to children's healthy brain development, energy levels and positive wellbeing.

We are committed to support the ongoing learning and development our community, including children, families and educators about healthy food and its relationship to physical, social and emotional wellbeing.

Our centre actively promotes healthy eating by

- Providing information to families about food, learning and growth
- Offering suggestions to families and children that support healthy food and drink choices
- Including experiences 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.
- Growing, harvesting and preparing nutritious foods from the garden
- Providing opportunities for children to develop practical and safe food skills like storing, handling, preparing and cooking healthy food
- Ensuring that all food related experiences acknowledge and respect the dietary requirements of all children.
- Recognising and celebrating the relationship between food and culture with our community

Allergies

Cowandilla Children's Centre understands that many children experience adverse reactions to some foods. We recognise that allergic reactions to nuts and nut products are particularly common in early childhood and therefore request that foods containing nuts or nut products including Nutella and Peanut butter are NOT brought into the centre.

From time to time we have children attending the centre who experience **Anaphylaxis (a severe and life-threatening reaction to foods.) PARENTS WILL BE NOTIFIED IF THIS IS THE CASE.**

All children with allergies are expected to have a Health Care Plan and that a copy is provided to the centre.

A Risk and Safety Management Plan and a Health Support Agreement will be developed in consultation with families. Generally, where children bring foods that may cause allergic reactions, staff will take necessary precautions to avoid adverse reactions. Staff will reinforce the importance of food safety with all families.

Foods bought from home

We encourage families to provide healthy and nutritious food for children attending our centre.

The following offers guidelines for families for food brought from home:

SNACK TIME

A piece of fresh fruit, vegetables or a slice of cheese is recommended for fruit time.

A healthy sandwich (multigrain or wholemeal bread) with savoury filling or plain unsalted crackers (e.g Vitawheat) are also encouraged.

UNSUITABLE FOODS FOR SNACK TIME: packaged foods, cakes and sweets. NUT PRODUCTS.

LUNCH

Families are asked to supply healthy food for lunch and after lunch snack. These can include Breads, cereal foods, breakfast cereals, vegetables, fruit, legumes, reduced fat dairy products, lean meat, fish, poultry and alternatives.

UNSUITABLE FOODS FOR LUNCH TIME: Fried foods, sugary foods and drinks or any foods containing NUTs or NUT PRODUCTS.

DRINKS

The best drink for your child is water. Include a water bottle in your child's lunchbox every day. Children are encouraged to bring their own water and drink water regularly. Educators will refill water bottles from the clean tap water available.

UNSUITABLE DRINKS: Flavoured milks, juice, cordials or other sweetened drinks.

Where children bring unhealthy foods or drinks staff will encourage children to eat their healthiest/most suitable options first. Educators will discuss the benefits of healthy eating with families and encourage families to choose healthy options.

Food-related Health Support Planning

The centre must be provided with information that is required to support all children with their health care needs.

Where a child has emergency or routine health care needs a **SEPARATE HEALTH CARE PLAN MUST BE PROVIDED** by the enrolling family.

Our preschool:

- liaises with families to ensure a suitable food supply is provided for children with health support plans related to food allergies or sensitivities.
- ensures that staff are appropriately trained to provide appropriate health care support for **all** children

Working with families, health services & industry

Our preschool:

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

Please see below for further information regarding Healthy Food and Nutrition
https://www.education.sa.gov.au/sites/g/files/net691/f/right_bite_ready_reckoner.pdf

Date Approved by Cowandilla Primary School Governing Council: 7th March 2022

Chairperson: Amy Peterson

To be reviewed Term 1, 2025

Foods encouraged at Cowandilla Children's Centre All the RIGHT BITE GREEN category foods	Foods to avoid at Cowandilla Children's Centre All the RIGHT BITE RED category foods
<p>Examples</p> <p>Breads Multigrain, wholemeal, rye, hi-fibre breads or rolls, burritos, English muffins, focaccia, lavosh, pita, raisin/ fruit, tortillas and Turkish breads. Some corn crispbreads and rice cakes.</p> <p>Cereal foods Rice, pasta, noodles, polenta and burghul/cracked wheat that are high in fibre</p> <p>Breakfast cereals Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.</p> <p>Vegetables Fresh and frozen vegetables used in a variety of different ways.</p> <p>Fruit Washed fresh fruits, frozen, canned and dried fruits.</p> <p>Legumes All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, peas, bean curd, tofu and pappadums (made from legume flour).</p> <p>Dairy products Plain milk – 375ml or less for primary schools and preschools, yoghurt and cheese.</p> <p>Lean meat, fish, poultry and alternatives Lean chicken, beef, lamb, pork, canned tuna and salmon and eggs.</p> <div data-bbox="129 1211 719 1653">  </div>	<p>Examples</p> <p>Deep fried foods All types.</p> <p>Snack foods Commercially produced snack foods such as crisps, chips, biscuits and other similar products.</p> <p>Ice-creams All types.</p> <p>Cakes and slices Commercially produced cakes, muffins, sweet pastries and slices – croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and bars.</p> <p>Savoury pastries Commercially produced pies, pasties, sausage rolls.</p> <p>Other savoury hot or cold foods Commercially purchased pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages.</p> <p>RED category foods and drinks are discouraged at our preschool.</p> <p>However, some may be provided on special occasions (maximum 2 per term) such as family gatherings and end of term celebrations in which the whole preschool community is involved.</p>

Drinks

Water is the best drink and a great thirst quencher! Cool, fresh, clean tap water is recommended and is readily available at the preschool.

Sugary drinks or soft drinks are not recommended at all.

The staff at Cowandilla Children's Centre thank you for supporting the healthy growth and development of all children. For more information refer to Right Bite Policy

<https://www.sa.gov.au/topics/education-and-learning/health-and-wellbeing/healthy-eating-policies>