

# Healthy Food Supply & Nutrition Policy



Staff at this centre aim to promote nutritional eating habits in a safe, supportive environment for all children attending this Centre. 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 and activity whilst minimising illness
2. Long term – minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities

Therefore;

- Staff model and encourage healthy eating behaviours
- Parents and caregivers are encouraged to supply healthy foods that fit with the Centre's Healthy Food Supply & Nutrition Policy.

## Curriculum

*Our Centre's food and nutrition curriculum is consistent with the Australian Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating*

- Includes activities such as 'Eat a Rainbow' which 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 curriculum where possible.
- Is part of the Early Years Learning Framework and National Quality Standards.

## The Learning environment

*Children at our Centre:*

- Bring their own named drink bottle, and are encouraged to drink water regularly throughout the day. Mains water is also available within the Centre.
- Are encouraged to bring a piece of fruit each day to have at morning snack.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours
- Use the Centre garden to learn and experience growing, harvesting and preparing nutritious foods.
- Understand the importance of meals times and are encouraged to eat a healthier option first.

## Food Supply

*Our Centre*

- The local IGA supplies our centre with fresh fruit every week. We have a designated fruit time for all children where children are encouraged to eat a variety of fruits.

- As children from 6 months of age attend our Centre we are **completely Nut Free** to ensure safety of not yet known food allergies.
- **Children bring their own recess and lunch to the centre. We ask that parents be aware of what they are packing their child and discourage food items such as chocolate and lollies. Raw carrot, whole nuts and bought fruit roll-ups are not to be packed for meal times due to the high choking hazard. We also ask that if children bring grapes into the Centre that these are cut in half due to the choking hazard. Cordials and sweetened juices are not recommended.**
- Our centre will ensure a healthy food supply for preschool activities, celebrations and events, limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies and crisps to no more than twice a term, in accordance with the Healthy Eating Guidelines.
- We will Display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

### **Food Safety**

#### *Our Centre*

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.

### **Food-related health support planning**

#### *Our Centre*

- 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 & industry**

#### *Our Centre*

- Invites parents and caregivers to be involved in the review of our Healthy Food Supply & Nutrition Policy.
- 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:
  - Newsletters
  - Policy development/review
  - Information on enrolment
  - Pamphlet/Poster displays

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