

Craigmore Kindergarten's

Food Supply & Nutrition Policy

Link to National Quality Standards

- 2.1 Each child's health is promoted.**
- 2.1.1** Each child's health needs are supported.
- 2.2 Healthy eating and physical activity are embedded in the program for children.**
- 2.2.1** Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate.

Rationale

Educators at this Kindergarten aim to promote safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools* ¹ incorporating the *Eat Well SA DECS Healthy Eating Guidelines (2004)*.*

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in four 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 kindergarten 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 kindergarten.
4. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

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

The Educators at Craigmore Kindergarten thank you in advance for your support of this policy.

Please Note: If our Kindergarten has a child with a serious **food allergy** (eg. nuts), a separate policy for the duration of that child's involvement with the kindergarten will be developed and communicated to parents and educators.

Curriculum

Our Kindergarten'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
- is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at our kindergarten:

- 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 kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Our Kindergarten:

- 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 safety

Our Kindergarten:

- promotes and teaches food safety to children during food learning/cooking activities.
- 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

Our Kindergarten:

- 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 Kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy through Governing Council
- 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.

Food supply

Our Kindergarten:

- 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 Kindy community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for Kindergarten **activities and events** in line with the *Right Bite* strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by educators within Kindergarten time:

Food and drinks provided to children:

- o parents and carers are encouraged to provide healthy food and drink choices in line with the ***Right Bite*** strategy and which are also acceptable in accordance with our Allergy Aware Food Policy (when it is required).
- o educators will ensure that food provided to children by the kindergarten is in line with the ***Right Bite*** strategy.

Taking into consideration foods that may contain nuts and using the Right Bite Healthy Food & Drink Supply Strategy for all South Australian Schools and Preschools we have compiled the following lists of suitable and unsuitable foods for children attending Craigmore Kindergarten.

Any food brought to kindy that does not fit within the guidelines of our food policy will be sent home so the child can eat it after kindy.

****NOTE: Please supply only water in your child's drink bottle.**

Foods unsuitable for kindy include:

- No Cakes and Sweets.
- No Jelly
- No Nuts including Loose Nuts, such as peanuts, cashews, walnuts, almonds, etc.
- No Peanut Butter OR Nutella
- No Chocolate or Chocolate products
- No Cordials and sweetened fruit juices
- No Lollies
- No Chips



Foods suggestions suitable for kindy include:

- Any Fruit or Vegetable – Raw or Cooked
- Pureed or Dried Fruit
- Hard boiled Eggs
- Cold Meats (Ham, chicken, turkey, kabana, salami, etc.)
- Sandwiches, Wraps or Rolls
- Cruskits, Saladas and other Savoury Crackers
- Corn / Rice Cakes
- Dry Noodles
- Cheese
- Popcorn (Dry popped, not coloured or coated)
- Yoghurt
- Custard (No Chocolate)

