



Healthy Food Supply & Nutrition Policy

Policy Statement

Educators at Crystal Brook Kindergarten aim to promote nutritional eating habits in a safe and supportive environment for children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children by healthy growth and development by minimising long term health risks such as heart disease and diabetes. Advice from speech pathologists and dentists indicates children should be eating crunchy foods.

Curriculum

Our Centre's food and nutrition curriculum:

- Is consistent with the *'Right Bite Easy Guide to Healthy Food and Drink Supply for South Australian Schools'*, *Australian 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.
- Integrates nutrition across the curriculum where possible, for example foods from a variety of cultures.
- Is inclusive of children with intolerances and allergies and cultural beliefs
- Is part of the Early Years Learning Framework (Outcome 3: Children have a strong sense of wellbeing) and National Quality Standards (Quality Area 2 – Children's Health and Safety).

The Learning environment

Children at our Centre:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring a named drink bottle containing water only.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Are encouraged to minimise packaging options which create landfill in an effort to care for our natural environment

Crystal Brook Kindergarten is **NUT FREE**

Food supply

Our Centre provides the following guidelines for families for food brought from home:

Shared Fruit Time

Families are asked to supply fruit and vegetables at snack time to:

- Share during small group time
- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods

- Encourage chewing which promotes oral muscle development

Fresh fruits and vegetables are recommended for shared snack time

We understand that some children are still acquiring a taste for fruit and vegetables. While these foods will still be offered, a healthy sandwich or plain unsalted crackers are suitable alternatives.

Lunch Provision

- Families are responsible for providing lunch for their children
- Access to a designated fridge is available and encouraged for storage of yoghurt, meat, cheese and other perishable foods
- Families are encouraged to follow the guidelines set below

We will work to develop partnerships with community to promote healthy eating and discourage:

- Foods high in salt such as chips
- Foods high in sugar such as cakes, lollies, roll ups, soft drinks and biscuits
- Chocolate bars, chocolate custard, muesli bars or LCM bars
- Cordials, soft drinks and sweetened fruit juices
- Foods containing nuts pose serious risk to children with allergies. Nut products are not permitted
- Foods which are wrapped in foil, plastic or commercial packaging – we encourage Nude Food

As part of our Centre's commitment toward healthy eating and sustainability we promote our children and staff bringing 'Nude Food' each day. Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging, The best type of nude food consists mainly of fresh food, so that is it healthy and nutritious PLUS environmentally friendly.

Please ask staff if you are unsure.

Special Events

Our Centre:

- Will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines
- Will facilitate visits to the canteen as part of our transition and continuity of learning program no more than twice each term
- 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
- Provides recipes for families where possible

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 conditions and/or cultural beliefs
- Provides support to families around feeding babies, toddlers and pre-schoolers via our Occupational Therapist

Working with families, health services & industry

Our Centre:

- 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:
- Notices
- Policy consultation
- Information on enrolment
- Pamphlet/Poster displays

Version Number	Details of Changes Made	Date Issued