



Dorothy Hughes Kindergarten



Food and Nutrition Policy

Dorothy Hughes Kindergarten promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the **Early Years Learning Framework**.

We believe that Early Childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in many different ways. Healthy eating benefits young children to grow strong bodies, develop and reach their potential for learning.

Short Term: Maximises growth, development, activity levels and good health.

Long term: Minimises the risk of diet related diseases later in life.

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Staff 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 preschool.

Curriculum

Our Kindergarten's Food and Nutrition Curriculum

- 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 Early Years Learning Framework and National Quality Standard.

The Learning Environment

Children at our Kindergarten

- Children have fresh, clean filtered water available at all times and are encouraged to drink water regularly throughout the day.
- Children are asked to bring their own labelled drink bottle.
- Children eat in a positive, social environment with staff who model healthy eating behaviours.
- We use the Vegetable garden to learn about harvesting and preparing nutritious foods.

Food Supply

Our Kindergarten

- Encourages healthy **food and drink choices** for children in line with the **Right Bite strategy**.
- 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.

Snack Time

Children who attend a morning session or a full day of Kindy should have a container or a named snap lock bag with their child's morning snack. This is to be placed in the containers that are located above the lockers next to the pigeon holes.

Parents and carers are encouraged to supply a healthy snack e.g. fruit or vegetables, cheese and crackers, yoghurt etc. at snack time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.
- Encourage chewing which promotes oral muscle development

If your child is here for the Morning could you please supply a healthy snack.

Lunch Time

Children who attend a full day of Kindy should have a separate container for their lunch and this is to be placed in the Lunch containers that are located near the entrance. Parents and carers are encouraged to supply appropriate food at lunch time, which could include: Sandwiches, salads, meat and cheeses, fruit, vegetables, etc. We also encourage parents to use ice bricks in their child's lunch box to keep food cold during the warmer weather.

We are an Allergy Aware Kindergarten, so we ask that no food containing nuts or nut products be brought into our environment. This includes peanut butter, Nutella and muesli bars containing nut products.

We ask that you do not pack:

- Fruit rolls ups
- Chips
- Sweets/lollies
- Chocolate
- Cakes
- Sweet Biscuits
- Drinks other than water

Please ask a staff member if you are unsure.

Food Safety

Our Kindergarten

- Promotes and teaches food safety to children during food learning/cooking experiences.
- Encourages staff to access training as appropriate to the **Right Bite Strategy**.
- Provides adequate hand washing facilities.
- Promotes and encourages correct hand washing procedures with children and staff.

Special Occasions/Birthday Guidelines

It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the Centre, special events, fundraising etc.

We acknowledge children's birthdays with a 'pretend cake' with candles, a song and a Birthday sticker. **Please do not send birthday cakes or other birthday treats to Kindergarten.**

Working with Families & Health Services

Our Kindergarten

- Provides information to families and caregivers about the **Right Bite Strategy** through a variety of ways including:
 - ~ Newsletters
 - ~ Policy development/review
 - ~ Information during Parent Information Meeting
 - ~ Pamphlet/Poster displays
 - ~ Parents will be made aware of the policy upon enrolment of their child at the centre.