



Dunbar Terrace Kindergarten

Healthy Food Supply and Nutrition Policy

This preschool 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 DfE wellbeing strategy.

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, 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:

- staff at this preschool 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.

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

Curriculum

Our preschool'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
- integrates nutrition across the Early Year's framework where possible, **relating to the Developmental learning outcome: 'Children take increasing responsibility for their own health and physical wellbeing'** and the **NQS**.

The Learning environment

Children at our preschool:

- have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day
- are encouraged to bring their own named drink bottle
- eat in a positive, appropriate, social environment with staff who model healthy eating behaviours
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods
- have many opportunities to enjoy and be part of healthy cooking experiences and whenever possible use the produce from the centre's vegetable and herb garden. Recipes and sometimes tastings are available for families.

Our preschool:

- 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
- encourages families to adopt the practise of 'Nude food'. This supports our philosophy in sustainability and in environmental awareness.

Food supply

Our preschool:

- 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 preschool community
 - ensures healthy food choices are promoted and are culturally sensitive and inclusive
 - ensures a healthy food supply for preschool **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 staff within preschool time

Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.
- Encourage chewing which promotes oral muscle development.
- **Fresh fruits, vegetables or a slice of cheese are recommended for fruit time**
- **Foods unsuitable for fruit time** include packaged food, cakes, sweets. **ALL NUT PRODUCTS.** Cordials and sweetened fruit juice are not recommended.

Lunch Time:

- The healthy eating guidelines will be in place.
- Parents are encouraged to follow the above guidelines and ask staff if they have any concerns.
- A healthy lunch box might include a sandwich, wrap, salad, fruit, yoghurt, vegie sticks etc. We are happy to heat left overs up for children as some children are not fond of sandwiches. Please do not include chocolate, muesli bars, roll ups or nutella and peanut butter in sandwiches.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.
- Children are encouraged to bring water only for drinks unless there are health issues which may require an alternative drink choice. This will be in consultation with the child's family.

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff 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 staff.

Food-related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- will provide you with a specific Health Support Plan if your child has serious food allergy (eg. nuts) or medical condition. This plan will be kept on site, signed by your child's doctor and the appropriate medication provided if required.
- will inform all staff including relief staff of children with health support plans.

Working with families, health services & industry

Our preschool:

- invites parents and caregivers to be involved in the review of our whole of 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
- promotes the alignment of fundraising with the *Right Bite* strategy.
- Invites health professionals to be involved in food and nutrition activities with the children and their families.

The staff at _____ Dunbar Terrace Kindergarten thank you in advance for your support of this policy.

Date:..... **Signed:**.....

Review Date:..... **Signed:**.....