

Elizabeth O'Grady Kindergarten Policies & Procedures

10 Charles Sturt Ave Grange SA 5022, 8356 8035

Nutrition, Food and Beverage Policy

RATIONALE

Our kindergarten promotes safe, healthy eating habits.

We have a duty of care to ensure the safety of all children. The specific needs of children with significant health issues including food allergies will be catered for at this kindergarten.

OBJECTIVES

We believe that early childhood is an important time for establishing lifelong, healthy eating habits which 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.

PROCEDURES

- Educators at this preschool will 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.

We believe that **fresh food** provides a more nutritious and balanced diet and also reduces waste from excess packaging. We understand that in a busy lifestyle, it can be difficult to provide fresh food and we appreciate all efforts made.

Water is the only drink needed at Kindergarten.

We provide filtered water at all times and children are encouraged to drink regularly throughout the day.

Allergies and intolerances:

Parents must inform educators if their child has ever had an allergic reaction to food or if they have a known intolerance to food. Educators must have the details on file at kindergarten.

We are an **allergy aware** kindergarten:

- Due to the high number of children who are allergic to nuts and nut products we ask you to **keep nut products for home.**

Cooking at kindergarten:

Cooking is an integral part of our program and we appreciate parents/carers who are able to volunteer their time to do some cooking with the children at kindergarten. Educators will endeavour to ensure that food cooked will be suitable for all children. If in doubt, educators will speak to parents prior to cooking and other arrangements can be made for children.

Parent responsibilities:

Ensure educators have up to date emergency contact information.

Ensure educators have medication, correct medication plans and devices required to administer medication, which remain at Kindergarten.

Ensure educators are fully informed of any health issues for your child.

Ensure all details are up to date, documented and where necessary detailed by a doctor.

Ensure the safety of all children by providing food and beverage choices for your child which follow these guidelines.

Care of food:

Lunches need to be put in a cooler bag with an ice brick and placed in the named boxes on the gray trolley to be stored in a cool place inside the kindergarten.

Food for morning snack time must **remain in the children's' bags**. In hot weather we suggest an ice brick to keep snacks fresh.

Please note that due to safety reasons, educators are unable to heat children's food. Food that needs to be kept warm can be put into a thermos.

Please come and speak to educators if you have any concerns.

Concluding statement

This policy has been developed by the Governing Council, and will be reviewed and evaluated regularly by both Educators and Governing Council and modified as required to ensure continued relevance for the Centre.

This policy was endorsed by the Governing Council on

Director: Kellie Holbrook

Chairperson: Michelle Jones

Review date: Term 2 2025

