

FAIRVIEW PARK KINDERGARTEN: FOOD POLICY

Morning Sessions: Crunch&Sip

Fairview Park Kindy uses morning snack time (between 10 am and 11.30 am) for Crunch&Sip time. This means when the children choose to eat their snack, it will be fresh fruit and vegetables (i.e. healthy, crunchy foods) and water to drink.

Please send children to kindy with fresh fruit and/or salad vegetables and water to have during Crunch&Sip time for their morning sessions.

It is helpful if the fruit/salad is prepared so that the children can be independent. For example, pre-cut pieces of fruit or sticks of salad items work well. However, we do have an apple slicer machine which the children love to use to make apple spirals.

Afternoon and Full-day Sessions: Lunch

Children who are attending afternoon or full day sessions need to bring a healthy lunch and water to drink.

Some healthy lunch ideas include:

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| - Sandwiches | - Fruit and vegetables | - Wraps |
| - Savoury slice / quiche | - Sushi | - Cold meat/egg and salad |
| - Rice cakes with cheese/dips | - Wholemeal muffins | |

We suggest talking about both Crunch&Sip and lunch times when you are packing your child's lunchbox so they are aware of what food they have with them and when they are to eat it.

Eat A Rainbow

The FPK curriculum incorporates the 'Eat a Rainbow' programme. This is a new nutrition-based programme which focuses on encouraging the children to choose and try a wide variety of fruits and vegetables which are different colours/textures.

As children will be offered the opportunity to cook and try such foods as part of this programme, please advise staff of any special dietary considerations as soon as possible. It is the responsibility of parents to notify staff of any foods that their child must not have for any reason.

'Sometimes Foods'

The Governing Council has given careful consideration to the debate of 'sometimes foods' being allowed to be eaten during session times, taking into account the current 'National Quality Framework Guidelines' and the recommendations from the 'Dietary Guidelines for Children and Adolescents about Food and Nutrition'.

The Council has decided that 'sometimes foods' should not be brought to kindy in children's lunch boxes. Children will be asked to take these items home as they are not appropriate kindy foods, and your child may get upset – this situation is best avoided.

Examples of 'sometimes foods' include:

- Chips
- Chocolate
- Cakes/biscuits/muffins*
- Lollies
- LCMs
- Roll ups / Processed, sticky fruit snacks

** Homemade savoury or fruit muffins/scones/pikelets are acceptable. Chocolate chip or double- and triple-chocolate baked goods are considered 'sometimes foods'.*

NO NUT Policy: Allergy Awareness

We are an allergy aware centre and support families whose children have severe allergies. Please be aware that FPK has a NO NUT policy. This means that NO NUT PRODUCTS OF ANY KIND are to be brought to kindy (including Nutella).

Recipes and Healthy Eating Resources

A range of resources are available to support parents to supply healthy foods for their children to eat during their time at FPK. (see Parent Library or speak to staff for more information)

Safe and Sustainable Food Practice

Safe food storage is an important issue. Please pack a cold freezer brick in your child's lunch box to keep food at safe temperatures. Alternatively, please speak to a staff member if you require fridge storage. There is also a microwave available.

Staff members promote and encourage correct hand washing procedures with children before they eat their Crunch&Sip or lunch items, and supervise children while they eat. FPK staff also encourages children to recycle and/or compost food wrappers and scraps in the interests of environmental awareness and sustainable practice at our site.

The Fairview Park Kindergarten Food Policy has been agreed upon and ratified by the Governing Council and staff will follow this policy.

Reviewed: Jun 2020. Next review: 2021.

