

GAWLER EAST PRESCHOOL RIGHT BITE FOOD SUPPLY AND NUTRITION POLICY

Rationale

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**.

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.

Curriculum

Our preschool'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 EYLF framework where possible, **relating to the Developmental learning outcome: 'Children develop a sense of physical wellbeing'**

The Learning environment

Children at our preschool:

- have fresh, clean "pura" tap water available at all times and are encouraged to drink water regularly through the day from own supplied bottles
- will eat routinely in a set seated eating space
- 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

Our preschool:

- provides rewards/encouragements that are not related to food or drink
- 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

Food supply

Our preschool:

- encourages healthy **food and drink choices**
- 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
- has the following guidelines for families for **food brought from home** or provided by staff within preschool time

Fruit Time / Snack Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time. **GREEN LIST FOODS**.

Lunch Time

Parents and carers are encouraged to supply food mostly from the **GREEN** list with some **AMBER** foods.

We encourage children and parents not to provide food from the **RED** list for the child's day at preschool to:

- provide children with important minerals and vitamins
- to acknowledge good nutrition contributes to good health and wellbeing and this is vital for positive engagement in the learning activities at preschool.
- encourage a taste for healthy foods.
- Support preschool curriculum and child's learning as part of the **Right Bite** strategy

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
- parents are to send a bottle of **water** each day which can be refilled at the preschool
- staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.

Food safety

Food Standards of Australia require that we provide enough refrigerator or insulated boxes with ice bricks to store food to keep food cool. Food can be safely stored using eskies for up to **4 hours**. Food not eaten at lunch that needs to remain cold to be safe will be disposed of as it will be outside the 4 hour safety zone. When possible we will send home uneaten food. We recommend that this food is disposed of as it will no longer be fresh.

Our preschool:

- promotes and teaches food safety to children
- encourages staff to access training
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures.

Food-related health support planning

Our preschool is Allergy Aware and:

- liaises with families to ensure a suitable food supply and support for children with health support plans that are related to food issues.
- Has a current **BAN on nut and nut products** to support health plans of some children – please do not send anything with nuts in the ingredient list.

Working with families, health services & industry

Our preschool provides information to families and caregivers about the **Right Bite Strategy** through a variety of ways including:

- newsletters
- information on enrolment
- pamphlet/poster displays

Our preschool promotes the alignment of fundraising with the **Right Bite** strategy.

The staff at GAWLER EAST PRESCHOOL thank you in advance for your support of this policy

This policy is adapted from one developed by the Eat Well Be Active project 2006.

GAWLER EAST PRESCHOOL - FOOD GUIDELINES USING "RIGHT BITE" STRATEGY

This list has been prepared using the Right Bite Guidelines. We have modified this slightly to

- acknowledge the constraints of the preschool
- support the preschool curriculum
- and acknowledging that children are only here for 15 hours of their week, enabling children to access a range of other foods at other times.

The Right Bite strategy teaches children the "traffic light" system of Healthy Eating - **GREEN** - GO - Eat plenty **AMBER** - SLOW DOWN - Select carefully **RED** - STOP - Occasionally
We recommend packing food with a small **ice brick** in hot weather. Please place name on containers.

GREEN LIST - Choose plenty

Children can bring green list foods for snack and lunch. We encourage fruit and/or vegetables for morning and afternoon snack as these will not spoil without esky/refridgeration.

Food type	Examples
Breads	All types of bread including wraps, borritos, tortillas etc. Multigrain, wholemeal, hi-fibre are extra good!
Cereal foods	Rice, pasta, noodles etc. (unfortunately we cannot heat these up).
Breakfast Cereals	Whole grain breakfast cereals that are high in fibre and low in salt and sugar can be great "nibbles" at kindy.
Vegetables	Any - chop up into sticks and add a low fat dip. (dips for lunch time only)
Fruit	Any - fresh, dried or fruit packs in natural juice
Legumes	Any - again we cannot heat up - but many children enjoy cold baked beans!
Reduced fat Dairy products	Low fat yoghurt, custard (not flavoured please) and cheese. Pack these with a "cold pack" and make sure they are in the esky for lunch only .
Drinks	Water only at preschool please
Meats	These need to remain cold - so we recommend always packing with an ice brick and placing in the esky. Lunch time only . No "highly processed" meats such as kabana, salami, metwurst etc. These foods are high risk if contaminated. We have a BAN on NUTS/NUT PRODUCTS in support of children's health needs.

AMBER LIST - Select carefully - Children may choose from this list to add to their (GREEN) lunch choice.

Food type	Examples
Savoury products	Check for fat and salt content. Examples could be cheese and tomato (vegetable) pizza, vegetable pastries, quiches,
Spreads	Use sparingly. Choose reduced salt/sugar if available. Includes vegemite, fruit jam, honey. Sorry no nut spreads .
Snack food bars	Try higher fibre/low sugar varieties such as breakfast bars, cereal bars, fruit bars. Sorry no nuts or chocolate .
Savoury snack foods/biscuits	Check for fat and salt content. "Oven Baked" varieties are usually good, dry biscuits, air popped popcorn, rice cakes or crackers.
Fruit bars or chews	Fruit bars often don't contain much fruit. Check for sugar content and go fruit over 80% content. Try to avoid those that look like lollies.
Cakes, muffins etc	English muffins, small muffin high in fibre and fruit, scone, small pancake/pikelet are all acceptable. No icing or chocolate. We know many of you make great healthy muffins, cake and scones. To help our 4 year olds as they develop an understanding of this area we would prefer to keep it simple - so please do not send "cake" - stick to muffins, scones.
Full fat Dairy products	Full fat Yoghurt, custard (not flavoured please) and cheese. Pack these with a "cold pack" and make sure they are in the esky for lunch only .

"Lunch Only" foods will be disposed of at preschool at the end of lunch due to uncontrolled refrigeration.