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# Healthy Eating Procedure

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**Review Date: 6<sup>th</sup> September 2023** by Jane Hetherington Director, Staff & Governing Council (Chaired by Jacqui Davies)

## Right Bite Food Supply and Nutrition Procedure for Preschools

**This is the Procedure for use by Gladigau Park Kindergarten in line Food and Drink Classification Guide for South Australian Public Schools A system for classifying foods and drinks 2023**

### Rationale

Our 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 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 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 kindergarten.

This food procedure is established after consultation with staff, governing council and parents within the kindergarten community.

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

### The Learning environment

Children at our kindergarten:

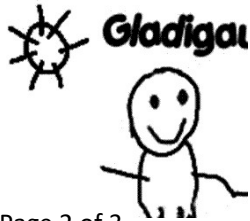
- have tap water available at all times and are encouraged to drink water regularly through the day, especially from a water bottle brought from home.
- Will eat routinely at scheduled break times in a set eating space
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:

- 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.







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### Food supply

Our kindergarten:

- 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 kindergarten **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 kindergarten time.

### Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at healthy snack time to

- provide children with important minerals and vitamins
- encourage a taste for healthy foods

### Lunch Time

Parents and carers are encouraged to supply food mostly from the **GREEN** list with some choices from **AMBER** list for lunch. We encourage children and parents **not** to provide food from the **RED** list for the child's day at kindergarten to:

- Provide children with important minerals and vitamins to acknowledge good nutrition which 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 safety

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

### Food-related health support planning

Our kindergarten:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- promotes a nut and nut product free environment to support health plans of some children
- please do not send anything with nuts listed in the ingredient list.

### Working with families, health services & industry

Our kindergarten:

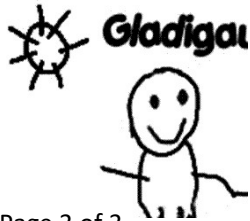
- invites parents and caregivers to be involved in the review of our whole of site food and nutrition procedure
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:

- Newsletters
- Information on enrolment
- Poster displays



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### **GLADIGAU PARK KINDERGARTEN – FOOD GUIDELINES USING THE “RIGHT BITE” STRATEGY**

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

- acknowledge the constraints of the kindergarten
- support the kindergarten curriculum
- supporting our work with CAFHS
- 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, preferably not while at Kindy

The Right Bite Standards use a traffic light system to classify foods and drinks based on their nutritional value.

#### **GREEN (best options)**

GREEN foods and drinks reflect the five food groups in the **Australian Guide to Healthy Eating** – they are the healthiest choices and should therefore make up the majority of options available (aim for 60%). GREEN foods and drinks should be displayed in prominent positions and actively promoted and encouraged.

#### **AMBER (choose carefully):**

AMBER foods and drinks should be selected carefully and consumed in moderation. Therefore, AMBER items should not dominate the options available (aim for less than 40%) and should be offered in smaller portions.

#### **RED 1 (limit to twice per term):**

RED 1 foods and drinks reflect discretionary foods and drinks in the **Australian Guide to Healthy Eating** and should therefore be consumed rarely and in small amounts. These foods and drinks should not be sold or provided to students, except for up to twice per term as part of whole of school celebrations, fetes or fundraising events. RED 1 foods and drinks should not be promoted or displayed.

#### **RED 2 (should not be supplied):**

RED 2 foods and drinks reflect discretionary foods and drinks in the **Australian Guide to Healthy Eating** and should therefore be consumed rarely and in small amounts. These foods and drinks should not be promoted, supplied, provided or sold at all.



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