

## Healthy Eating

### Food 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 and relates to the DECD 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:

- 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 curriculum

#### The Learning environment

Children at our preschool:

- have fresh, 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, social environment with staff who model healthy eating behaviours
- use the preschool vegetable garden to learn about and experience growing, harvesting and preparing nutritious foods

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

## Food supply

Our preschool has the following guidelines for families for food brought from home:

### FRUIT TIME:

Parents and carers are asked 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**

We understand that at times families may run out of fruit. A healthy sandwich with a savoury filling or plain biscuits is acceptable.

### LUNCH TIME:

Parents are encouraged to follow the above guidelines

A healthy lunch box might include a sandwich, fruit, yogurt, cut up vegetables etc.

Please do not include chocolate, muesli bars, roll ups etc.

Please ask staff if you are unsure.

Healthy food orders from the Glossop High Canteen are available by ordering at the front office.

-We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Note: If your child has a serious **food allergy** (eg. nuts), a separate policy for the duration of your child's involvement with the preschool will be developed and communicated to parents and staff.