

Reviewed by Governing Council Sept 2023

Healthy food supply & Nutrition Policy

This policy follows the Nutrition, Food and Beverages, Dietary Requirements within the ACECQA Quality Standard (Quality Area - 2.1.3) and follows suggestions from the Eat for Health, Australian Dietary Guidelines, Educators Guide 2013.

Nutritious foods are snacks and lunches that are:

- low in added sugar
- low in salt and fat
- have nutritional value for the child, not being highly processed.

We promote eating **GREEN** foods over amber/red foods.

GREEN foods including:

Fresh fruits	Vegetable wedges	Yoghurt / custard (low fat, not chocolate flavoured)
Cheese	Sandwiches with healthy fillings	Pita bread/wraps with healthy fillings
Plain popcorn	Savory biscuits	Dried fruit

We **do not recommend** RED food including:

Rollups	Chips	Chocolate	Sweet biscuits
Sweets/lollies	Cakes	Drinks other than water	

We are an **ALLERGY AWARE kindergarten**.

Some children have severe allergies to food which can cause life threatening reactions, including from the smell or touch of food. Nut and egg allergies are one of the most common. Each child with a food allergy will have a Health Support Agreement and a Safety and Risk Management plan.

Drinks

We recommend drinking **Water only**. Water is the best drink for prevention of dental cavities and for good brain growth and function.

Children will

- Develop an increased awareness of healthy food through involvement in an ongoing and planned educational program, that includes involvement in growing healthy food and participating in tasting experiences.
- Be involved in group discussions about what healthy food choices are.
- Have constant access to fresh drinking water, through a drink bottle provided from home and refills using the Puratap at kindy.

Parents will

- Be encouraged to pack nutritious snacks and lunch.

- Pack children's snacks and water bottle in children's bags. Pack lunch with an ice pack in an insulated lunch box, to meet food safety requirements. Lunch bags are stored in trolley baskets.
- Provide food that does not require heating
- Not pack food containing nuts or eggs (or any other foods that children may be allergic to as identified by educators).
- Record any cultural, religious or health, dietary restrictions on their child's enrolment form.
- **Support our Healthy food supply and nutrition policy by not bringing in outside food, such as cakes, lollies, to hand out to children for special occasions, ie. Birthdays, Easter, Halloween or Christmas.**

To celebrate children's birthdays, we sing "Happy Birthday", and present children with a birthday certificate and a sticker of choice.

Educators will

- Encourage children to eat healthily without requiring children to eat food they don't like or to eat more than they want.
- Encourage children to eat all "green foods" first.
- Encourage children to put uneaten food back into their lunch box (considering food safety issues), limiting food wastage.
- Engage children and families in an ongoing and planned education program, focused on developing children and families increased awareness of food preparation, choice of nutritious foods and tasting new foods.
- Work sensitively with families to improve children's healthy food choices provided from home.
- Support children and families with relevant food allergies and intolerances/preferences. (Child will have a health support agreement and safety and risk management plan)
- Ensure those children with anaphylaxis to certain foods (ie nuts and eggs) are not exposed to these foods; by encouraging all kindergarten families not to provide these foods and monitoring the foods that children bring to kindergarten. If a child brings these foods, educators will take every precaution to limit the child with anaphylaxis's contact of these foods and ensure all children wash their hands after eating and tables and hand washing surfaces are disinfected.
- Provide parents with timely and consistent communication about the healthy food supply and nutrition policy, through informal conversations and policy notes in note pockets (these could include; healthy snacks; packing lunch and snack separately; water; refilling water bottles).
- Work with families to increase awareness of the importance of children eating a range of textured foods, to assist in muscle development and sound production in speech and language of young children.
- Be accommodating of cultural and religious food practices (ensuring they meet allergy requirements).
- Engage in informal conversations with children which promote relaxed and enjoyable lunch and snack times. Building upon the opportunity to develop relationships with and between children (avoiding educators being in a supervisory role).
- Model healthy eating and drinking.
- Provide storage trolleys for lunches (stored in kitchen before lunch & inside main doors after lunch).
- Provide water and drink bottles (if not provided from home).
- Ensure adequate hand washing facilities available.
- Ensure food purchased for cooking is stored safely (i.e. refrigeration).
- Promote and teach food safety, storage and hygiene.

Green Foods



Yoghurt
(NOT chocolate)

High in Nutrition
Low in salt
Low in fat
Low in sugar



Savoury crackers



Fruits & Vegetables



Sandwiches & wraps with healthy fillings



Dried fruit



Water Only



Cheese