

## Healthy food supply & Nutrition Policy

### Purpose

*“Good nutrition is essential to healthy living and enables children to be lifelong active participants in play and learning”*

Adapted from National Quality Standard 2.2.1 Guide to the National Quality Standard, p. 65.

This policy is aligned with the DECD Right Bite Policy. For more information, please see the Right Bite website at <https://www.decd.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>  
<https://healthy-kids.com.au/school-canteens/canteen-guidelines/sa-right-bite/>

This policy meets the requirements of the National Quality Standard (Quality Area - 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child).

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**, NO NUTS at all times.

Some children have severe allergies to food which can cause life threatening reactions, including from the smell or touch of food. Nut allergies are one of the most common. Other foods may not be allowed at kindy dependent on allergies presented by the children attending the kindergarten, at the time.

### Drinks

We recommend drinking **Water only**. Please provide your child with a water bottle filled with fresh water every day. Water is the best drink for prevention of dental cavities and for good brain growth and function.

### Children will

- Develop an increased awareness through involvement in an ongoing and planned educational program, that includes growing, preparing of and experience tasting and choice of nutritious foods

- Children will be able to make increased healthy choices, through nutritious foods provided for snack and lunch from home.
- Have constant access to fresh drinking water, through a drink bottle provided from home.

#### **Parents will**

- Pack nutritious snacks and lunch of GREEN foods
- 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 any other foods that children may be allergic to).
- Be encouraged to try and involve children in food shopping, and preparation at home

#### **Educators will**

- Encourage children to eat healthily without requiring children to eat food they don't like or to eat more than they want (NQS Guide p. 65). Educators will not remove food from children's snack or lunch boxes, with the exception of foods which breach anaphylaxis guidelines (eg. Nut and egg). Educators will 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, food preparation, experience tasting and choice of nutritious foods.
- Work sensitively with families to improve children's healthy food choices provided from home.
- Support children and families with relevant food allergies (health care plans) and intolerances/preferences
- 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; Brain food certificates for all green food lunch boxes).
- 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 food practices (ensuring they meet allergy requirements)
- Engage in informal conversations 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)
- Increase our knowledge of the DECD Right Bite Guidelines to use positive language focused on green foods.
- Model healthy eating and drinking
- Provide storage trolleys for lunches (stored in kitchen before lunch & inside main doors after lunch)
- Provide water (if not provided from home).
- Display a sign for allergies of children attending the centre (not identifying the child)
- Children's birthdays are celebrated with a "Happy Birthday" song, a card and a balloon. We do not celebrate birthdays with cake or other treat foods at Golden Grove Kindergarten.
- Ensure adequate hand washing facilities
- Ensure food purchased for cooking is stored safely ( i.e. refrigeration)
- Promote and teach food safety and storage and hygiene

Golden Grove



# 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