



## **Healthy Food Supply and Nutrition Policy**

Staff at this Preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending. 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 and activity whilst minimising illness.
2. Long Term: minimises the risk of diet related diseases later in life. Eg heart disease, strokes, some cancers and diabetes.
3. Advice from Speech Pathologists and dentists indicates that children should be eating - chewy foods that engage the muscles of the mouth when eating. This activity facilitates the development of muscle control necessary for talking.

This food policy has been established after consultation with staff, families and the "Right Bite", Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschool ( June 2015).

### **Our Preschool's food and nutrition curriculum:**

Is consistent with "Right Bite", the Australian Dietary Guidelines for children and Adolescents in Australia, and the Australian Guide to Healthy Eating.

- It 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.
- Provides opportunities for children to develop practical food skills like preparing and cooking healthy food.
- Integrates nutrition across the curriculum where possible
- Is part of the Early Years Learning Framework (EYLF) and National Quality Standards (NQS) Area 2 – Children's Health and Safety.

### **The Learning Environment**

Children at Hampstead Preschool:

- Are encouraged to drink water regularly through the day
- Are encouraged to bring their own NAMED drink bottle - water only
- Eat in a positive, appropriate way, in a social environment with staff who model healthy eating behaviours.

### **Hampstead Preschool**

- Understands and promotes the importance of breakfast for children
- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site – a comfortable chair and quiet area can be provided upon request from a parent/ carer.
- Staff will respect the cultural diversity of food in children's lunch boxes and promote this through cooking experiences and family events

### **Food Supply – Hampstead Preschool**

Has the following guidelines for families for food brought from home:

#### ***Fruit time:***

Parents/ 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
- RECOMMENDED FOOD IS: fresh fruit/ vegetables/ cheese & crackers/ or yoghurt, plain milk if desired

We acknowledge that at times families will run out of fruit. A healthy sandwich (multigrain/wholemeal) with a savoury filling or plain unsalted crackers are most suitable.

#### ***Lunch time:***

The healthy eating guidelines will be supported and implemented by staff. Parents are encouraged to follow the above guidelines, and discuss with staff, if they have any issues

- A healthy lunch box might include: sandwich, pasta, wrap, fruit, yoghurt, etc
- Please do not include chocolate, muesli bars, etc (high sugar/high fat)
- Please ask staff if unsure

#### **FOODS NOT SUITABLE AT PRESCHOOL INCLUDE:**

- ALL NUT PRODUCTS
- Packaged foods (chips, sweet biscuits, cereal bars which contain chocolate, sweets and nuts), cakes, sweets, lollies etc.
- Cordials, flavoured milks and sweetened fruit juices

#### **Celebration Food from Home**

If families wish to bring in some food for the children to share for a family celebration (birthday) we recommend a plate of fruit to share. At times it is difficult for children with allergies (eg nut/gluten) to participate in shared food celebrations, so in order for all children to be able to participate, we recommend families supplying a shared plate of fruit.

During Preschool celebrations and events our Preschool encourages families to provide unprocessed healthy foods which have minimal fat and sugar content.

**Date Reviewed: 30<sup>th</sup> March 2020**

**Date Approved: 8<sup>th</sup> September 2020**