



# Healthy Food Supply and Nutrition Policy

**Please remember that we are an allergy friendly site.**

We aim to promote good nutrition and safe, healthy eating habits.

Early childhood is a very important time for establishing lifelong eating habits. In the *short term* it maximises growth, development and activity while minimising sickness. In the *long term* it minimises the risk of diet related chronic diseases, such as heart disease, strokes, some cancers and diabetes.

Through this policy we aim to:

1. Promote a nutritious diet to children
2. Teach children about food and nutrition
3. Promote safe eating practices

How these goals will be achieved:

## **1. *Promote a nutritious diet to the children***

- 1.1 Parents will receive information on nutritious and safe foods
- 1.2 Water will be available at all times
- 1.3 Staff will model healthy food choices

## **2. *Teach children about food and nutrition***

- 2.1 Introduce children to a wide variety of foods, tastes and textures
- 2.2 Encourage practical experiences in food preparation
- 2.3 Encourage the appreciation of foods from a variety of cultures
- 2.4 Positively promote healthy foods
- 2.5 Grow fruit and vegetables in the kindergarten

## **3. *Promote safe eating practices to prevent food poisoning and choking***

- 3.1 Children will wash their hands before handling food or eating meals
- 3.2 Children will be supervised at all times while eating
- 3.3 Children will remain seated while eating
- 3.4 Parents may receive information on safe food handling and storage

We are a breastfeeding friendly site.

## **Food supply guidelines:**

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## Fruit Time

Fruit time is part of every morning and afternoon session. Please make every effort to **ONLY** provide fruit and or vegetables at fruit time (these foods encourage chewing which promotes good oral muscle development). Small amounts of dried fruit are also acceptable.

## Drinks

Please bring a named drink bottle containing only **WATER**. Clean, filtered water is always available. All children will be given a cup of filtered water as part of our lunchtime routine.

## Lunch time suggestions

Some healthy lunch suggestions include:

- Sandwiches (on whole grain bread) with salad fillings
- Salad plate/pack
- Salad wrap/Rice/Pasta
- Savoury muffin (Home-made foods such as savoury and fruit muffins need to be labelled e.g. **BANANA MUFFIN - NUT FREE** so staff can easily identify ingredients).

Parents may also choose to include: cheese, a piece of fruit, vegetable sticks, yogurt, or a fruit muffin.

## Unacceptable food for fruit and lunch time will be sent home.

- Sandwich spreads such as chocolate spread, hundreds and thousands, peanut butter, nutella, etc.
- Potato chips & snack foods eg processed cheese and biscuit packs, corn chips, chips, twisties, burger rings etc
- Cereal eg Nutrigrain, Coco Pops etc
- Muesli bars, Roll-ups, LCM bars, fruit straps/fruit metres/fruit bars
- Chocolates and lollies
- Biscuits (including breakfast biscuits) cakes/buns/pastries
- Chewing gum
- Coconut balls, apricot cubes, yoghurt covered sultanas, sugar coated fruit, etc.
- **DO NOT include nuts or nut products, or whole egg products such as boiled eggs, quiches/frittata, and egg sandwiches.**

## How much should you pack for your child's lunch?



It is sufficient for a child's lunchbox to include two or three items. One main savoury item such as a sandwich, wrap, salad, rice, pasta etc. and if needed, one other item such as cheese, crackers, fruit or vegetables, or yoghurt. It can be overwhelming for children if there are too many choices; they may worry that they will be in trouble if they do not eat it all, and it encourages over-eating. The children have around 20-25 minutes to eat their lunch.

To avoid food contamination during the warmer months, your child's lunch will be stored in the air-conditioned lunch room. Please bring your child's lunch in a small 'fridge' bag with an ice-pack (or a frozen yoghurt) to keep the lunch cool.

### **Food guidelines for celebrations**

Children's birthdays are celebrated with the lighting of candles on a special "fake" cake, "Happy Birthday" is sung and the children receive a certificate. Please do not send birthday cakes or any food treats/gifts for peers to kindergarten at any time.

### **Allergy Friendly Guidelines**

Children who have food allergies must not come into contact with the food they are allergic to.

**If your child has a severe allergy please inform us so we can put appropriate measures in place to ensure the safety and well-being of your child.**

All staff and volunteers will be made aware of needs of individual children.

This policy will be reviewed annually.