

HAWKER CHILDHOOD SERVICES CENTRE  
**HEALTHY EATING and FOOD POLICY**

HAWKER CSC has developed a policy aimed at promoting healthy eating habits for pre-school children.

Parents are therefore encouraged to send healthy foods and drinks for their child.

We are informed by the Department's *Right Bite healthy eating guidelines*.

Be mindful that 2 serves of fruit and 5 serves of vegetables per day are recommended and keeping fats and sugars to low levels.

☆ This policy assists in children having appropriate weight and healthy teeth.

Parents are encouraged to send healthy foods. Examples of these foods are:

- Fruit and vegetables
- Cheese, yoghurt, plain custard and milk
- Dry biscuits & crackers- check salt & sugar content
- Sandwiches, plain scones, pancakes,
- Rice, pasta, noodles
- Hard-boiled eggs
- Plain popcorn
- Healthy buns & savoury muffins
- Soup
- Water bottle-we promote the drinking of water

**The Centre does not accept:**

- Chips
- Chocolate & lollies
- Cake & biscuits
- Flavoured milks, cordial and fruit juice
- Foods that contain more than 10% sugar
- Foods that contain more than 5% Fat.
- Foods that are high in salt content.



**GOALS FOR THE POLICY**

1. Promote nutritious food choices for children by creating a supportive environment for parents and children.
2. Promote aspects of good food & nutrition to parents, carers and children by acting as role-models for the Hawker CSC community.
3. Ensure the Centre fosters safe eating and food related activities.
4. Foster healthy social, emotional, cultural and physical development of children.

**WAYS STAFF AND PARENTS CAN HELP**

- Staff will send a letter home if unhealthy snacks are coming regularly to Kindy.
- Staff will promote social aspects of eating together.
- Water should always be available, accessible and promoted.
- Parents are to inform staff if child has food allergy or special dietary requirements.
- Children will wash their hands prior to eating. They will sit while eating.
- The kindy program supports healthy themes and encourages discussion about food.

Updated Oct 2017, reviewed T3, Aug 2017 Next scheduled review Aug 2018  
Feb 17<sup>th</sup> 2020