



**Government of South Australia**

Department for Education and  
Child Development



**Hawthorndene**  
KINDERGARTEN

**'Learning and growing together'**

Kindergarten Ave, Hawthorndene, 5051, South Australia

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### **Healthy Eating and Nutrition Policy**

We promote a healthy eating policy at Hawthorndene Kindergarten, so that children will grow up with the best opportunities for a healthy body and to develop healthy life- long eating habits. We believe that good nutrition contributes to children's well-being and this positively contributes to children's involvement in their learning.

Therefore:

- Parents and caregivers are encouraged to supply children with healthy snacks and lunches.
- Clean drinking water will be available at all times for the children
- Staff at this site will model good eating and drinking practices
- We will promote healthy options within our curriculum and are considerate of food allergies, intolerances and different family cultures.

Snack and lunch times are part of the everyday learning program at kindergarten. To support this we ask families to consider the following suggestions for snacks and lunch.

**SNACKS:** Fruit (fresh or dried), vegetables sticks, crackers and cheese, healthy home baked cakes, pikelets or muffins.

**LUNCHES:** Sandwiches, wraps or rolls with healthy fillings, salads, cold meats, yoghurt and fruit.

**DRINKS:** We encourage children to drink only water at all times.

**We encourage children to eat routinely together at scheduled food times which we believe supports families in regular meal times.**

#### **Food Guidelines for Special Occasions *ie Shared lunches and cooking with parents.***

At Hawthorndene Kindergarten we aim to supply predominantly healthy food choices for our celebrations. Sometimes, we may have special occasions where a less healthy option is provided. In doing this we want children to learn that if we have regular healthy eating habits, the occasional treat is okay.

**In line with the Right Bite Food Supply and Nutrition policy our Kindergarten provides:**

- Information about healthy options which are available to children and their families
  - Rewards/encouragement which are not related to food or drink
  - Experiences in which children learn about growing, harvesting and preparing nutritious foods
  - A breast feeding friendly environment
  - A safe and supportive environment for the consumption of all foods and drinks, including hygienic practices during cooking and at meal times.
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- **Food Allergies**

Some children have serious allergies which may be life threatening. As a result, our kindergarten is a Nut Aware Site and at times other foods may be restricted.

**Treat Foods:**

**Chocolate coated items, crisps and lollies should not be eaten at kindergarten snack or lunch times. These items are often high in sugar or fat and are therefore not part of our Healthy Eating Guidelines. They also put pressure on other parents to supply similar items. Such items will be sent home with your child to be eaten away from kindergarten.**

***For the long term health of your child and their teeth,  
we appreciate your co-operation in supporting and  
implementing this policy.***