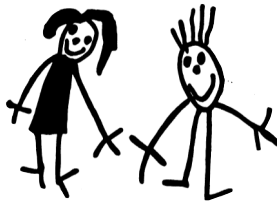


HIGHBURY

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PRESCHOOL

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***Right Bite* Food Supply and Nutrition Policy for Preschools**

Healthy Food Supply and Nutrition Policy of: Highbury Preschool

Rationale

This Preschool promotes safe, healthy eating habits in line with the ***Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools*** and relates to the DECS wellbeing strategy.

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, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in their learning environment.

Therefore:

- staff at this preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the ***Right Bite*** strategy for their children at preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum

Our Preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes experiences 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
- includes opportunities for children to develop practical food skills like growing, preparing and cooking healthy food
- integrates nutrition across the Early Years Learning Framework (EYLF).

The Learning environment

Children at our Preschool:

- have fresh, clean filtered water available at all times and are encouraged to drink water regularly through out the day
- will be encouraged to eat routinely at scheduled break times
- eat in a positive, social environment with Educators who model healthy eating behaviours

Our Preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of regular meals for children.
- promotes drinking water frequently through out the day.
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** within preschool time:

Food supply

Our Preschool:

- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- actively promotes our 'Nut Aware' and 'Egg Aware' procedures in the provision of food from families
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy

Snack Time:

Parents and carers are encouraged to supply plant food (fruit and vegetables) at snack time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Drinks provided to children:

The Preschool does not supply food for children.

- Parents/carers are encouraged to pack a drink bottle filled with water each day. Filtered water is available for children to drink.

Food safety

Our Preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food-related health support planning

Our Preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry

Our Preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 1. newsletters
 2. policy development/review
 3. information on enrolment
 4. pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

The staff at Highbury Preschool thank you in advance for your support of this policy.

Reviewed in January 2017

Next Review: January 2019