

Ingle Farm Children's Centre Food Policy



National Quality Standards and Regulations

Regulation 168 (2) (a) (i)

National Quality Standard 2.2

At Ingle Farm Children's Centre, we promote healthy eating and encourage children to make healthy food choices. We believe that early childhood is an important time for establishing lifelong healthy eating habits.

Good nutrition and healthy foods:

- Contribute to good health and well-being which is vital for positive engagement in learning.
- Helps children to concentrate, learn and build energy reserves for sustained physical activity.
- Support good growth.
- Minimise the risk of diet related illnesses later in life.

Our Food Policy is founded on the Eat a Rainbow initiative, Australian Government guidelines Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood, and/or – Dietary Guidelines for Children and Adolescent in Australia which provide a framework on which DfE schools and preschools promote learning, health, and well-being in relation to food and nutrition.

****no nuts or product containing nuts****

Please inform staff if your child has any type of allergy/allergic reaction.

Foods we DO recommend for snack and lunch include:

Fresh fruit, vegetables, pikelets cheese, eggs, rice cakes, sandwiches (healthy savoury fillings), dried fruit, fruit bread, dry biscuits/crackers, salads, pasta, rice, meat, scones, flat bread

Please note: we cannot heat children's lunches; please include ice/cold packs in your children's lunch boxes to keep food cold.

The following foods are NOT recommended for snack and lunch:

Nutella/chocolate spreads, peanut paste, chips, cakes, sweets, muesli bars with nuts/chocolates, milk drinks, cordial, chocolate, lollies, rollups, custard, sweet biscuits (e.g. Tiny Teddies), soft drinks, fairy bread (hundreds and thousands/sprinkles)

These foods are high in sugar, fats and salts and provide low nutritional benefits.