



Kangaroo Island Children's Services Inc

Enriching life's journey

Adopted:	
Review Date:	September 2018
Signed Governing Council Chair:	
<i>(Governing Council Chair Name)</i>	Craig Oates
Signed Director:	
<i>(Director Name)</i>	Hayley Perry

Food and Nutrition Policy

Rationale

Kangaroo Island Children's Services promote 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 DECD wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit 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 learning activities.

Therefore:

- Employees at the service 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 children at the service.

Curriculum

Our service'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 activities 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 preparing and cooking healthy food.

The Learning Environment

Children at the service

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day.
- Will eat routinely at scheduled break times.
- Eat in a positive, social environment with Educators who model healthy eating behaviours.
- Use the centre's garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our service

- Understands and promotes the importance of eating breakfast and regular meals for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Is a breast friendly site.
- Displays nutrition information and promotional materials about healthy eating.

Food supply

- KICS encourages healthy food and drink choices for children in line with the Right Bite Strategy.
- Our service ensures healthy food choices are promoted and are culturally sensitive and inclusive.
- KICS ensures a healthy food supply for activities and events in line with the Right Bite strategy.

Guidelines for food

- Parents and carers are encouraged to supply fruit and vegetables as the first snack of the day; this will provide children with important minerals and vitamins and encourage a taste for healthy foods.
- For all other meals throughout the day families are encouraged to supply choices in line with the Right Bite strategy.
- Employees will ensure that any food supplied by the service is also in line with this strategy.

Food Safety

- Our service promotes and teaches food safety to children as part of the curriculum.
- Encourages Employees to access training on safe food handling and the Right Bite strategy
- Provides adequate hand washing activities
- Promotes and encourages correct hand washing procedures with children and Employees.

Food- related Health Support Planning

Our service

- 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 and industry

Our service

- provides information to families and care givers about the 'Right Bite' strategy through a variety of ways including newsletters, policy review, information on enrolment, pamphlet/poster display and promotes the alignment of fundraising with the 'Right Bite' strategy.

The Employees of Kangaroo Island Children's Services thanks you in advance for your support of this policy

Sources

Education and Care Services National Regulations
National Quality Standards
Australian Children's Education and Care Quality Authority
Right Bite Healthy Food and Drink Supply Strategy

Links to other policies

Health Support Policy
Providing a Child Safe Environment Policy
Enrolment and Orientation Policy
Anaphylaxis and Asthma Policy
Sustainability Policy

NQS

QA2	2.1	Each child's health is promoted.
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	2.1.1	Each child's health needs are supported.
	2.2	Healthy eating and physical activity are embedded in the program for children.
	2.2.1	Healthy eating is promoted and food and drink supplied by the service are nutritious and appropriate for each child.
QA3	3.3.1	Sustainable practices are embedded in the service operation.
QA6	6.3	The service collaborates with other organisations and service providers to enhance children's learning and wellbeing.

Regulations

77	Health, hygiene and safe food practices.
78	Food and beverages.
162	Health information to be kept in enrolment record.
168	Education and care services must have policies and procedures.

