



Kathleen Mellor Healthy Eating Policy

Policy Statement

Healthy eating helps young children to grow strong bodies, develop normally and reach their potential for learning. Children mainly learn eating habits from their parents and other people in whose care they are. These habits learnt during childhood tend to continue into adulthood. As young children cannot select and prepare food for themselves, the adults in the child's life become responsible for making healthy food choices for them.

Based on the DECD HEALTHY EATING GUIDELINES and AUSTRALIAN DIETARY GUIDELINES for children and adolescents, it is emphasised that there is a need to

- Enjoy a wide variety of nutritious foods.
- Eat plenty of breads and cereals, vegetables and fruits.
- Include dairy products such as milk, cheese and yogurt
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate amount of sugars and foods containing added sugars.
- Choose low salt foods and use salt sparingly.

Nutrition Policy Aims

The purpose of this policy is to:

- Encourage and support children to develop healthy eating habits.
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the kindergarten and foods brought from home will reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural needs relating to special diet requirements.
- Raise awareness of good nutrition principles amongst our community.

Snack Guidelines

- Children should bring either a piece of fruit, salad, vegetables, boiled eggs and/or a sandwich to eat at snack time. Sandwiches can contain any fillings (protein is recommended i.e. cheese/meat) except for peanut paste or nutella.
- Foods linked with a high risk of choking will be minimised. Hard fruits, lollies etc. should be avoided.



- Foods that are high in fat and sugar (e.g. muesli bars/ "roll ups"/ potato crisps) will be discouraged, with parents given alternative suggestions

Lunch Guidelines

- Children should bring a lunch containing some or all of the following: sandwich, fruit (fresh or dried), salad vegetables, cheese, or savoury biscuits (plain i.e. rice crackers). Sandwiches can contain any fillings except for peanut paste or Nutella.
- (Protein is recommended i.e. cheese/meat) except for those containing nut products.
- Children will be encouraged to drink water with their lunch, so a separate drink is unnecessary.
- Children who attend the lunch time program should have a separate container for their lunch and this is to be placed in the lunch basket each morning.

Drinking Guidelines

- Fresh drinking water is to be available to the children at all times.
- Children are encouraged to bring their own water bottle.

Special Occasion / Birthday guidelines

It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the centre, special event, fundraising etc.

These occasions will be discussed and decided upon at Governing Council meetings.

We acknowledge children's birthdays with a "pretend" cake and song, so it is not necessary to send anything along to share.

Staff responsibilities

- Staff will encourage children to try new foods.
- Staff members will supervise children when eating.
- Learning about food and nutrition will be included into the curriculum, e.g.: growing vegetables, hands on cooking and tasting experiences; food awareness activities.
- Principles of good hygiene practice will be incorporated into daily routines to support this policy, e.g. hand washing.
- Food will not be used as a form of punishment or reward either by its provision or denial.
- Staff will respect the food preferences of children.
- Staff will provide parents with nutrition information via pamphlets, newsletters and the noticeboard, about the importance of good nutrition, healthy food choices and balanced, varied meals.
- Nutrition education events for parents will be provided by the centre from time to time
- Staff will act as role models in relation to their own food choices at the centre.



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Parents' responsibilities

- Parents will be made aware of this policy upon enrolment of their child at the centre
- Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs, then provision for this can be discussed with the Director.

Governing Council responsibilities

- Support staff in the implementation of the NUTRITION POLICY and in the provision of nutrition education events.
- Encourage families to engage in good eating habits and to raise awareness of the link between GOOD NUTRITION and GOOD HEALTH.
- This policy has been developed by the Governing Council in consultation with staff members of the centre.
- This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance for the centre.