

# Kimba Community Kindergarten

## ***Nutrition Policy***



Kimba Community Kindergarten aim to promote nutritional and safe eating compatible with Right Bite (Healthy Eating Guidelines), Early Years Learning Framework and the National Quality Standards. We believe that early childhood is an important time for establishing lifelong eating habits. Eating nutritiously contributes to good health and wellbeing. By eating nutritiously, children benefit by:

**Short term:** Maximises growth, health, development and higher energy levels.

**Long term:** Minimises the risk of diet related diseases later in life.

For good health and wellbeing, children need to drink plenty of water and eat a balanced variety of food such as; Fresh, packaged, homemade, sensory (crunchy) and seasonal.

Children and staff are encouraged to only **drink water** (or milk for younger children). Children are reminded to drink regularly throughout the day and have all day access to their drink bottles and the water drinking fountain. We welcome and encourage breast-feeding at our site.

### **What to bring to Kindergarten;**

- Named drink bottle containing water
- Named lunch bag/box – please include an ice pack to keep food fresh especially on warmer days
- A variety of snacks, such as fruit, yoghurt and crackers
- A packed lunch

(Lists of snack and lunch ideas are on the following page)

### **What to bring to occasional care;**

- Named drink bottle containing water or bottle containing milk
- Named lunch bag/box – please include an ice pack to keep food fresh especially on warmer days
- A variety of snacks, such as fruit, yoghurt and crackers

(Lists of snack ideas are on the following page)

To support the health and wellbeing of children we encourage Kindergarten children to follow the cues of their bodies (self regulate). In conjunction with our set eating routines;

- Morning Snack – 10:00am
- Lunch - 12:00pm
- Afternoon snack – 2:00pm

Children have the opportunity to eat and drink when they are hungry/thirsty. We manage this by having a permanent snack table accessible to children. They can access their food from 8:45am – 11:30am and again in the afternoon 12:30pm – 2:00pm. Children are reminded to wash their hands before eating, sit while they are eating and staff supervise children eating at all times.



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We encourage families to limit foods from the 'red' category, foods such as chips, salty biscuits, cakes, chocolates and lollies as these foods only provide temporary energy for children and don't keep their tummies full for long periods.

### **Curriculum**

Integration of nutrition in the curriculum relates to the Early years Learning Framework Outcome 3 'Children take increasing responsibility for their own health and physical wellbeing'.

Our preschool food and nutrition curriculum includes:

- Experiences that provide children with knowledge, attitudes and skills to make positive, nutritious food choices
- For children to have access to a variety of foods
- Opportunities for children to grow fruit and vegetables
- Food handling, cooking and hygiene practices

### **Food-related health support planning**

Due to the high risk of choking and allergies, please do not send nuts.

As part of our enrolment process it is essential that the site be advised of any allergies/restrictions/medical conditions/dietary requirements. Correct and up to date information will ensure quality care. If the centre has a child attending with a serious food allergy (e.g. nuts) the policy will be reviewed and a risk assessment carried out. This will be developed in consultation with parents and staff.

If you would like any further information, please see a staff member.

**Reviewed August 2019**

**Review Due March 2021**