



HEALTHY FOOD and NUTRITION POLICY & PROCEDURE

QUALITY AREA 2 – CHILDREN'S HEALTH AND SAFETY

This procedure covers both the **Occasional Care** and **Kindergarten** programs.

Statement

Klemzig Kindergarten is devoted to providing an education around healthy food habits, and encouraging the development of healthy bodies and minds. This policy and procedure builds on the Department for Education (DfE) "Right Bite" strategy and provides the framework by which educators and parents together develop children's lifelong relationship with healthy foods. Healthy eating practices also help the development of children's speech and sounds. The chewing action is necessary to exercise and strengthen the jaw, needed for the complex development of speech. This policy and procedure covers important health and safety implications that may have a life threatening impact for some children or adults.

Principles

This policy and procedure has been developed based on the following principles:

- the health and safety of all students, especially those with severe, rapid, and life threatening (i.e. anaphylactic) responses to food allergens;
- providing a consistent approach to the management of food handling, dietary requirements, special occasions and cultural considerations; and
- providing children with an education around healthy food choices that allows them to grow into happy, healthy people.

Scope

This policy and procedure applies to all staff, parents and site visitors

Context

Department for Education 'Right Bite' strategy

National Quality Standards and Regulations -Regulation 168 (2) (a) (i) - National Quality Standard 2.2

Procedure

Allergen Awareness

The most common food allergens are peanuts, tree nuts, eggs, dairy foods, fish and sesame seeds. Food restrictions will reflect the needs of the children attending and may be subject to revision. Parents and caregivers are strongly encouraged to discuss the dietary needs of their child with educators. However, due to the prevalence of nuts allergies, at all times we require that NO NUTS (including peanut butter and nutella) are brought onto the kindy premises

Eating at Kindy

Klemzig kindergarten observes three food breaks throughout the kindy day, morning 'fruit time', lunch and offering for afternoon "snack time."

Each day, children should bring:

1. Two serves of fruit or vegetables for 'fruit time'. These may be fresh or dried (e.g. dried apple, apricots, sultanas, etc.), and will remain in the children's bags until 'fruit time'
2. A lunchbox consisting of:
 - Breads and alternatives for body and brain energy and to help fill hungry tummies, e.g. wholegrain sandwiches, rolls and wraps, pikelets, fruit bread, wholegrain plain savoury biscuits, rice, pasta, sushi
 - Meat and other protein foods for strong muscles, e.g. lean meat in wholegrain sandwiches or salads, meat or fish patties, left-over meat based casseroles and pastas (*reminder that these will be served cold as the kindergarten cannot heat up food*), boiled egg (pre-peeled).
 - Dairy foods for strong bones, e.g. reduced fat cheese, plain, reduced/low fat yoghurt, reduced/low fat custard
 - Fruit, vegetables and legumes for vitamins, minerals and fibre, e.g. carrot sticks, cherry tomatoes, cucumber, apples, pears, strawberries, bananas, canned (in natural juice) and dried fruit, lentil patties, chick peas etc.
3. A drink bottle containing only water. Water is available throughout the day.

Additional notes

- Children should have a food safe container for their lunch. This should contain a cooling element to keep the food cold until lunch time. Food WILL NOT be reheated by staff for safety reasons. Parents can chose to use a thermos container, but will take responsibility for the temperature of the food)
- *Examples of foods not consistent with the policy are: plain sweet biscuits and flavoured savoury crackers (e.g. Shapes), flavoured rice crackers, nutella, jam, cakes, chocolates, chips, sausage rolls, chicken nuggets, croissants, lollies, muesli bars, fruit straps and bars, fruit juice and cordials.*
- Please see staff if you have any questions about appropriate foods for lunch, we have resources available for guiding healthy food choices in children's lunchboxes.

Responsibilities

Staff

- Will encourage children to wash their hands prior to handling any food
- Will encourage children to be independent in managing their own food and feeding themselves
- Will encourage children to sit down whilst eating in the designated areas
- Will supervise children while they are eating
- Will encourage children to dispose of their own food scraps in the appropriate buckets for recycling and composting
- Will ensure that children do not swap their food for another children to avoid unknown adverse reactions
- Will ensure that children are reminded to drink water sufficiently to avoid dehydration

Parents

- Will be made aware of this policy upon enrolment of their child
- Will be encouraged to support this 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.

Cooking at Kindy

Throughout the year we will undertake cooking and food preparation activities with the children. We aim to include opportunities for children to develop practical food skills, and undertake activities that provide children with knowledge, attitudes and skills to make positive healthy food choices. We want them to be aware of foods from cultures within our Kindy and local community, and to learn how to make food culturally sensitive and inclusive. We will encourage children to try new foods and expose them to new recipes.

Special occasions

At Klemzig Kindy we enjoy celebrating children's birthdays or special occasions in a way that supports our food policy. We celebrate with your child at mat time by inviting them to stand in front of the group, having a birthday chat, singing happy birthday and then receiving a birthday sticker. We ask that you do not bring in anything extra such as cakes, chocolates or lollies in order for site practices to align to this policy