



NUTRITION POLICY

RATIONALE:

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 them self, the adults in the child's life become responsible for making healthy food choices for them.

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

- Enjoy a wide variety of nutritious foods.
- Balance food intake with physical activity.

Children and Adolescents should be encouraged to:

- eat plenty of vegetables, legumes and fruits
- eat plenty of cereals (including breads, rice, pasta and noodles) preferably whole grain.
- include lean meat, fish, poultry and/or alternatives
- include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for under two years because of their high energy needs. However, reduced varieties should be encouraged for older children and adolescents.
- choose water as a drink.

and care should be taken to:

- limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants.
- choose foods low in salt.
- consume only moderate amounts of sugars and foods containing added sugars.

POLICY STATEMENT:

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 bought 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.

NUTRITION STRATEGIES:

NO NUT

- We have children enrolled who have severe nut allergies, please do not send any foods containing nuts. Please check labels carefully.

FRUIT GUIDELINES

- Fruit will be provided by the Kindergarten
- Foods linked with a high risk of choking will be minimised.

LUNCH GUIDELINES

- Parents are encouraged to provide a lunch containing some or all of the following: sandwich, fruit, salad vegetables, cheese, yoghurt, dry/savoury biscuits.
- Children will be encouraged to drink water with their lunch and hydrate regularly throughout the day.
- Children should have a separate container for their lunch.
- Ice bricks are encouraged to be used in lunch boxes to keep food cool and in a safe condition for eating.

DRINK GUIDELINES

- Fresh drinking water is to be available for the children at all times.
- Children shall bring “water only” in a named bottle.

STAFF

- Staff will encourage children to try new fruits.
- A teacher and another staff member or an adult engaged for lunch time care, will supervise children when eating.
- Learning about food and nutrition will be included into the curriculum, eg: 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. children are required to wash their hands prior to handling any food.
- Children are supported to be independent in managing their own food and must remain seated whilst eating.
- 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, but will encourage healthy food choices.
- Staff will act as role models in relation to their own food choices at the centre.
- Staff will be aware of children with known allergies and be compliant with the child’s Safety and Risk Management Plan.

PARENTS

- 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.
- In the case of children who require specific foods because of dietary health needs, cultural/religious beliefs, or special needs, provision for this can be discussed with the Director.

CENTRE MANAGEMENT

- Support staff in the review of the NUTRITION

POLICY REVIEWED BY GOVERNING COUNCIL IN OCTOBER 2023
NEXT REVIEW October 2024