

Healthy Food Supply and Nutrition Policy

Rationale

Lake Windemere B-7 Children's Centre has a core mission to build understanding of nutrition and healthy food choices to support positive lifestyle choices.

This policy is based on the Department of Education and Children Development's Policy: DECD Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

- Short term- maximising growth, development, activity levels and good health
- Long term- minimises the risk of diet related diseases later in life
- Good nutrition contributes to good health and wellbeing and is vital for positive engagement in learning activities.

Document control

Managed by : Director of Lake Windemere B-7 Children's Centre	Approved by Governing Council
Multidisciplinary team of Lake Windemere B-7 Children's Centre	Date approved: 2/11/16
	Review Date: July 2019 Next review:

1.0 TITLE

Healthy Food Supply and Nutrition Policy

2.0 PURPOSE

- This policy is in line with National Quality Standards Quality Area Standard 2.2 and Education and Care Services National Regulations Part 4.2 Children's Health and Safety Division 1- Health Safety and Wellbeing of Children Regulation 77(1) and (2).
- Provide fresh clean cooled filtered water and encourage regular drinking of water through the day.
- Provide scheduled break times and eat in a positive, social environment with educators who model healthy eating behaviours
- Use centre garden plots to learn about and experience growing, harvesting, preparing and eating nutritious food
- Include knowledge and experiences about food and nutrition in Centre programmes.
- Displays information of healthy food and snack choices for the children and parents to view and read
- Understands and promotes the importance of breakfast and regular meals for children
- Our centre is a breastfeeding friendly site.
- Ensures healthy food choices are promoted which are inclusive of culturally sensitive choices.
- Ensures a healthy food supply for centre activities and events
- Ensures consistency with the Eat Well SA guidelines, Dietary Guidelines for Children and Adolescents in Australia and Australian Guide to Healthy Eating.
- Displays nutrition information and promotional materials about healthy eating
- Promotes nut awareness in all Centre programmes.
- Incorporates food safety throughout programmes
- Provides opportunities to develop safe food handling skills
- Provides hand washing facilities for everyone
- Promotes correct hand washing procedures with children and adults

3.0 Scope

Working with families, health services and community groups

- Successful outcomes for healthy food and nutrition policy are achieved through active partnership with parents and caregivers
- We invite parents and Carers to be involved in the review of the Children's Centre Healthy Food Supply and Nutrition policy
- Our Centre has a working partnership with Obesity Prevention and Active lifestyle (OPAL)
- Children in preschool participate in a nutrition awareness program "Eat a Rainbow"
- Community members can participate in a food program named Magic Harvest
- Centre users participate in the *Kick Start for Kids* program and as a result healthy snack and lunch food options available at all times.
- Centre promotes health professionals who deliver nutrition and health programmes within the local community
- Promotes the alignment of fundraising with the nutrition guidelines.

4.0 OBJECTIVE

Lake Windemere B-7 Children's centre provides a safe supportive environment where adults support children through the provision of healthy food and drink and being positive role models.

5.0 POLICY DETAILS

5.1 Food and drink provided to children

Parents and Carers are requested to:

- Supply children with their own named drink bottle of water each session.
- Provide healthy food and drink choices for their children on an everyday basis for snack and lunch to align with these healthy eating guidelines.

5.2 Healthy Snack Time: Parents and Carers are encouraged to supply fruit, vegetables and healthy food choices at healthy snack and lunch time to provide children with important minerals and vitamins and encourage a taste for healthy foods.

5.3 Healthy Lunch Time: A healthy lunch box might include a sandwich or wrap, fruit, yogurt, veggie sticks, cold meat, cheese or salad. Please ask educators if you are unsure.

Suggestions include



5.4 Storage and heating of Snacks and Lunches

Food should be sent in a storage container which maintains food at the appropriate temperature (below 5C degrees)

The Centre does not have the capacity to refrigerate individual lunches.

Parents are requested to use icepacks to keep food cold.

5.5 Breast Feeding

Breast feeding is supported within the Centre. Mothers may see staff regarding any supports required.

5.6 Baby bottles

Children attending Occasional Care may have bottles stored in the fridge and heated in a bottle warmer.

5.7 Curriculum

Our curriculum, the Early Years Learning Framework (EYLF) 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.

5.8 Birthday celebrations will include certificates or stickers and singing of "Happy Birthday" song if culturally appropriate. We ask parents not to send in food treats to share.

5.9 Food Safety

Our centre:

- Promotes and teaches food safety to children as part of the curriculum
- Provides adequate hand washing facilities
- Promotes and encourages correct hand washing procedures for children and adults.
- Babies and toddler formula will be stored in the preschool fridge and warmed in a bottle warmer. When using bottle warmer staff will check the bottle temperature and record this on record of bottle warming proforma. (Appendix 1)
- The staff need to ensure anyone preparing food wears gloves and clean utensils/equipment.
- Food being served is handled with tongs rather than hands.

5.10 Food related health support planning

- We are a Nut Aware Centre. We remind parents, Carers and visitors to carefully check products being sent into the Centre as some children attending may have severe allergic reactions to nuts. Foods to be checked to see if they have traces of nuts include:
 - peanut butter/peanut paste
 - Nutella/Nudge spread
 - Cakes, muffins, sweet biscuits and pastries
 - Rollups and LCM bars or similar products
 - Breakfast cereals/bars
 - Chocolate, nougats, sweets
 - Satay flavoured products
- Parents are required to inform educators on enrolment of all allergies for their child/children.
- Parents will be required to supply a completed a Health Support Plan developed in consultation with a medical practitioner.
- The Centre is required under National Quality Standards regulations to display a poster alerting the community that a child is enrolled in the Centre with the following wording

PLEASE NOTE

**A CHILD WHO HAS BEEN DIAGNOSED AS AT RISK OF ANAPHYLAXIS,
IS ENROLLED AT THIS SERVICE**

6.0 MONITORING, EVALUATION AND REVIEW

Oversight:	Children's centre Director
Implementation:	All programme leaders
Monitoring:	Multidisciplinary team

Resources supporting the development of this policy

Policy: DECD Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools

Food at Lake Windemere Children's Centre

These foods are great to send for healthy lunch or snack



All fruits



Sandwiches



water



Yoghurt



all vegetables



cheese



Plain popcorn



savoury biscuits



cheese and crackers



wraps

Please don't send these foods to Preschool for healthy lunch or snack



Chips



cakes



biscuits



Chocolate



lollies



roll ups



lolly pops



Nuts



cordial



LCM bars



Chocolate custard