



Largs North Kindergarten

Nutrition Policy

RATIONALE

Healthy eating helps young children to grow strong minds and bodies to help reach their potential for learning. Children mainly learn eating habits from their parents and carers. 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 and teaching them the reasons for making healthy choices.

Due to children's nut allergies and sensitivities to food containing nuts and nut based products, our centre is a 'Nut Aware' site. However, a full restriction on nut products or other allergens applies when a child at risk of anaphylaxis attends in a given cohort.

Please do not provide foods or snacks containing nuts, or those that indicate in the ingredient list that they have been produced where items containing nuts have also been produced.

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.
- Eat plenty of breads and cereals, vegetables and fruits.
- 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 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

SNACK GUIDELINES

- Children should bring healthy foods such as a piece of fruit, salad vegetables, cheese, savoury biscuits and/or a sandwich. We encourage sandwiches that contain healthy fillings. Please avoid foods containing nuts. **(Other food items may need to be on the "Aware Protocol" from year to year, or unable to be provided at Kindergarten, depending on children's allergies at any given time).**
- Avoid processed foods that contain nut products and are of high sugar content eg. Muesli bars, Roll Ups or LCM bars.
- Foods linked with a high risk of choking should be minimised.

LUNCH GUIDELINES

- Children can bring a healthy lunch such as a sandwich, fruit or vegetables.

- Children who attend the lunch time programme should have a separate container for their lunch to avoid confusion with snack times. Lunch containers should be clearly labelled with your child's name and put in the fridge on arrival at Kindy.

DRINK GUIDELINES

- **We encourage the provision of water.**
- A large water container will be available for children to refill their bottle.
- Cups will be supplied to children who do not have a water bottle available.

SPECIAL OCCASION AND BIRTHDAY GUIDELINES

We celebrate children's birthdays in the time honoured tradition of singing 'Happy Birthday', wearing of our special birthday hat and the giving of a card. We like to make the child feel special on this day. Birthday cakes and other sweet treats are considered 'sometimes foods' and are not encouraged at kindergarten due to the allergies of many children in our centre.

EDUCATORS

- will encourage children to try new foods when they are prepared as part of the educational program.
- will supervise children when eating.
- will include in the curriculum learning about food and nutrition eg: growing vegetables, hands on cooking and tasting experiences, food awareness activities.
- Will role model and promote principles of good hygiene practice into daily routines eg. hand washing.
- will not use food as a form of punishment or reward either by its provision or denial.
- will respect the food preferences of the children
- will act as role models in relation to their own food choices at the centre.

FAMILIES

- will be made aware of this policy upon enrolment of their child at the centre.
- will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, they will be consulted.
- whose child/ren require specific foods because of dietary health needs or because of cultural/religious beliefs, should discuss this with the director.
- will support educators in the implementation of this Nutrition Policy.
- will engage in good eating habits and to raise awareness of the relationships between good nutrition and good health.

March 2016

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NQS: 2.2.1