

Leigh Creek Kindergarten
HEALTHY EATING and FOOD POLICY

Leigh Creek Kindergarten has developed a policy aimed at promoting healthy eating habits for pre-school children.

Parents are therefore encouraged to send healthy foods and drinks for their child.

We are informed by the Department's *Right Bite healthy eating guidelines*.

Be mindful that 2 serves of fruit and 5 serves of vegetables per day are recommended and keeping fats and sugars to low levels.

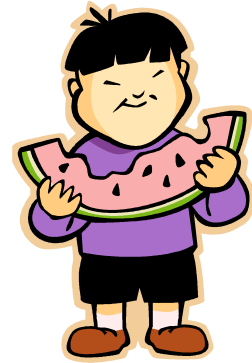
☆ This policy assists in children having appropriate weight and healthy teeth.

Parents are encouraged to send healthy foods. Examples of these foods are:

- Fruit and vegetables
- Cheese, yoghurt, plain custard and milk
- Dry biscuits & crackers- check salt & sugar content
- Sandwiches, plain scones, pancakes,
- Rice, pasta, noodles
- Hard-boiled eggs
- Plain popcorn
- Healthy buns & savoury muffins
- Soup
- Water bottle-we promote the drinking of water

The Centre does not accept:

- Chips
- Chocolate & lollies
- Cake & biscuits
- Flavoured milks, cordial and fruit juice
- Foods that contain more than 10% sugar
- Foods that contain more than 5% Fat.
- Foods that are high in salt content.



GOALS FOR THE POLICY

1. Promote nutritious food choices for children by creating a supportive environment for parents and children.
2. Promote aspects of good food & nutrition to parents, carers and children by acting as role-models for the Leigh Creek community.
3. Ensure the Centre fosters safe eating and food related activities.
4. Foster healthy social, emotional, cultural and physical development of children.

WAYS STAFF AND PARENTS CAN HELP

- Staff will send a letter home if unhealthy snacks are coming regularly to Kindy.
- Staff will promote social aspects of eating together.
- Water should always be available, accessible and promoted.
- Parents are to inform staff if child has food allergy or special dietary requirements.
- Children will wash their hands prior to eating. They will sit while eating.
- The kindy program supports healthy themes and encourages discussion about food.

Updated Feb 20th 2020