



Liberman Kindergarten

Healthy Food Supply and Nutrition Policy

Rationale:

In line with The Department for Education Rite Bite Healthy Food Supply and Nutrition Strategy, and to work in conjunction with our 'Nut Aware Policy', Liberman Kindergarten has established a Healthy Food Supply and Nutrition Policy to promote foods that do not contain excess amounts of fat, sugar and salt.

An unhealthy diet has a negative effect on children's growth, weight, development and learning.

Links to Quality Standards:

2.1.3 Healthy Lifestyle – healthy eating is promoted for each child

Parents will:

- Provide their child with a healthy snack (fruit or vegetables preferred)
- Provide their child with a healthy lunch
- Provide their child with a drink bottle of water (only) every day
- Liaise with staff to negotiate alternative options in case of dietary needs or allergies

Educators will:

- Sit with children at mealtimes
- Support healthy eating, using a positive and encouraging approach
- Model healthy food choices
- Incorporate learning about healthy food options throughout the curriculum
- Provide regular opportunities for eating
- Provide suggestions for healthy options to families
- Have a supply of fresh drinking water at all times
- Involve children in experiences that support healthy eating
- Support healthy breakfast choices through a volunteer run Breakfast Program
- Store, prepare and handle food in a safe and hygienic manner

SUGGESTIONS FOR SNACK TIME.

Fruit, vegetables (e.g. celery/carrot sticks), cheese, dried fruit, cruskits, fruit bars, plain cracker biscuits, rice cakes, sandwiches, cold meat, yoghurt/custard

SUGGESTIONS FOR LUNCH

sandwich/ roll /wrap, salad, rice, pasta, fruit & any of the foods that can be brought for snack

PLEASE DO NOT PROVIDE

Potato chips /cheezels / twisties etc, lollies sweet or chocolate biscuits jelly chocolate, roll ups, muesli bars (containing nuts), LCMs

Please read packages for contents for all processed food to ensure levels of fat, sugar and salt are low. If your child has special dietary requirements, please speak to staff.

Celebrations: It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the Kindergarten, such as a special event, fundraising etc. These occasions will be discussed and decided upon at Governing Council meetings.

We acknowledge children's birthdays by singing and giving them a special birthday certificate.

Other considerations: Liberman Kindergarten is a breastfeeding friendly site.

PLEASE DO NOT SEND ALONG FOOD ITEMS THAT REQUIRE HEATING THIS IS NOT PERMITTED DUE TO HEALTH & HYGEINE REGULATIONS.

The educators at Liberman Kindergarten thank you in advance for your support in implementing this policy

Sourced: Rite Bite Healthy Food Supply and Nutrition Policy