



HEALTHY FOOD SUPPLY AND NUTRITION POLICY

National Quality Standard Area 2 | Children's health and safety

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing.

Regulation 168 Education and care services must have policies and procedures.

Health and Safety, including matters relations to:

Nutrition, food, beverages, dietary requirements

Purpose:

Department preschools, children's centres, and kindergartens support healthy choices by promoting healthy eating and physical activity. Learning about healthy lifestyles in the children's everyday routines and experiences is encouraged by this site.

A strong sense of health and wellbeing supported by good nutrition and an active lifestyle provides children with confidence, energy and optimism that contributes to their ability to concentrate, co-operate, and learn.

Learning about healthy lifestyles, including nutrition and physical fitness, is integral to wellbeing and self-confidence

This policy applies to all staff at this site.

Food Curriculum

Our kindergarten's food and nutrition curriculum:

- is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating
- 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
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- Is integrated into our program and consistent with the Early Years Learning Framework and NQS.
- Lunchtime is part of the curriculum and children are encouraged to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.



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The Learning environment

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

1. Maximises growth, development, activity levels and good health
2. Minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities
4. Children should be eating crunchy foods (in line with advice from speech pathologists and dentists)
5. Use our garden to learn about and experience growing, harvesting and preparing nutritious food through the Green Hill Living program.

Therefore:

- > Our staff model and encourage healthy eating behaviours
- > Food and drink are consumed in a safe, supportive environment for all children
- > Parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children

Our kindergarten:

- provides encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

Food supply

Families are asked to provide healthy food for their child to eat. Lunches are stored inside but are not refrigerated; therefore cool packs are required and are to be supplied by families. Educators are unable to reheat food. If children require warm food, families need to pack it in a thermos already heated. Please ensure that all lunch boxes, containers and drink bottles are clearly named.

Morning and Afternoon Snack times.

Generally, the less packaging in a lunch box the healthier it is for children. Fresh fruits, vegetables or a piece of cheese are recommended for fruit time. We understand that from time-to-time families may run out of fruit. A healthy sandwich (multigrain or wholemeal bread), with savoury filling, dried fruit, or plain unsalted crackers (e.g., Vitawheats) are acceptable. Children will be encouraged to eat their fruit first.

This:

- > Provides children with important minerals and vitamins
- > Encourages a taste for healthy foods
- > Encourage healthy food and drink choices
- > Encourages chewing which promotes oral muscle development
- > Ensure healthy food choices are promoted and are culturally sensitive and inclusive

Lunch time

- > The Healthy Eating Guidelines apply to lunchtime. We encourage healthy food and drink choices for children in line with the **Right Bite Strategy**. Parents are encouraged to follow the above guidelines and speak with staff if they have any issues. A healthy lunch box might include a sandwich, wraps, sushi, rice crackers, fruit, yoghurt, cheese, veggie sticks etc. Please do not send chocolate, muesli bars, roll ups, Nutella, lollies, chocolate chip biscuits, sweet slices, chips, crisps etc.

Water

Children have fresh, clean water available at all times and are encouraged to drink water regularly through the day. Children are also encouraged to bring their own named drink bottle.

Special occasions and birthday guidelines

Please do not send cakes or other birthday food treats with your child. We will celebrate a sticker and song.

Food safety

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- promotes and encourages correct hand washing procedures and adequate hand washing facilities for children and staff.
- Doesn't reheat food.

Food Storage before and after lunch

Before Lunch

- Parents are encouraged to use an ice brick in an insulated lunch container.
- Parents are encouraged to send hot food in thermally insulated containers.
- Food is stored in safe and clean environments in the Lunch Baskets, which are kept in the kitchen.

After Lunch

- Any uneaten food or food that is left over remains in the child's lunchbox.
- Children return their lunchboxes back to their bags straight after lunch.
- In keeping with Food Safety Standards, any food removed from a refrigerator requires to be consumed within 2-4 hours.

Food and drinks provided to children:

- Ensure that families are advised well in advance of a cooking activity so that all personal preferences and dietary requirements are addressed.
- Children will sit down to eat
- Children will not share their food with other children
- Ensure that all food provided is handled in a hygienic manner.
- Ensure that all food provided is culturally sensitive and inclusive.

Guidelines for Children with specific Dietary Requirements

We liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues (e.g., allergies, dietary requirements, diabetes, cultural and religious etc.). please speak to staff regarding your child's individual needs.

Allergy aware

It is a requirement that all **food provided for your child does not contain nuts**. At times, there are children enrolled who have an anaphylactic allergy to nuts, eggs, and egg products in particular. This means that there can be serious and even fatal consequences for these children if they come into contact with these ingredients. From year to year families might be asked not to send egg or egg products or other ingredients if the kindergarten has enrolled a child with a severe allergy.

Products containing “traces of nuts” which are found on most packaged foods are generally fine unless there is a child with specific allergy to traces as well. In this case, notes will be sent out to parents reminding them of the more stringent requirements.

Food-related health support planning

Our kindergarten:

- meets with families to ensure that all children with Health Support Plans, have a risk and safety.

Working with families, health services & industry

Our kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- provides information to families and caregivers about the Right Bite Strategy and other nutrition related information through a variety of ways including:
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
 - o handouts and information packs

Supporting Information

-**Australian dietary guidelines 1 - 5:** <https://www.eatforhealth.gov.au>

-**Australian guide to healthy eating:**

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

-**National Quality Standard** | <https://www.acecqa.gov.au/nqf/national-quality-standard>

-**Early Years Learning Framework** | <https://www.acecqa.gov.au/nqf/national-quality-standard>

-**SA Right Bite Food and Drink Supply Strategy** | <https://healthy-kids.com.au/school-canteens/canteen-guidelines/sa-right-bite/>

Approvals

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Approved by: Sarah Moore | Director

Approved by: Governing Council, Magill Kindergarten

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