

MANOR FARM KINDERGARTEN



HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Rationale:

- The Manor Farm Kindergarten promotes healthy eating habits, as we believe that good nutrition contributes to the health and development of children and is important to lifelong wellbeing.
- This is in line with:
 - *Right Bite Healthy Food and Drink Supply Strategy* for South Australian Schools and Preschools
 - The National Quality Standards:
2.1.3 Healthy Lifestyle- Healthy eating is promoted for each child.

Parents will:

- Provide their children with a healthy snack (fruit or vegetables are preferred).
- Provide children with a healthy lunch.
- Provide children with a drink bottle (water only).
- Liaise with staff to negotiate alternative options in case of dietary needs or allergies.
- Send non-food items for Birthday celebrations, if they would like to acknowledge their child's Birthday in some way (however this is not expected or required).

The educators will:

- Support children in healthy food consumption, using a positive and encouraging approach.
- Model healthy food choices.
- Engage children in experiences that support healthy eating, such as vegetable growing and cooking.
- Educate children about nutrition, in cooperating this throughout the curriculum.
- Provide regular eating opportunities for children.
- Have a supply of fresh water available to children at all times.

The educators will NOT:

- "Force" children to eat. We respect children's individuality and ability to decide when they are hungry and when they have had enough. We will monitor and observe children during food times, and share information with families at the end of the day, when relevant.

The director will:

- Take on the responsibility of making parents aware of the policy, by distributing it to new and existing families via the newsletter, parent information noticeboard or the website.
- Ensure the policy is understood by all educators and is contained within the induction information for new staff.
- Ensure the policy is reviewed biannually (or as required).

Other considerations:

- The Manor Farm Kindergarten is a 'breastfeeding friendly' site.

References

- DfE Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools
- National Quality Standards for Australia

Glossary of terms

- **DfE:** Department for Education