

Margaret Lohmeyer Kindergarten



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HEALTHY EATING AND NUTRITION POLICY

Rationale

At Margaret Lohmeyer Kindergarten we believe in providing an environment which encourages healthy eating and living. Healthy foods and water intake coupled with healthy eating habits promote growth and development which, in turn, helps prevent childhood obesity and other health issues that may arise later in life. This policy links with the Early Years Learning Framework – **Outcome 3: Children have a strong sense of well-being**". Specifically, **"Children show an increasing awareness of healthy lifestyles & good nutrition"** pg 32 "Belonging, Being & Becoming"

Snack and Lunch time

Children are encouraged to bring along foods that are low in sugar, fat and salt. Please ensure your child brings at least two healthy snacks to kindergarten per session. Snacks need to be left in children's bags so they can access them when they are hungry. Lunch time is held at the same time each day. Children need to have a substantial amount of healthy food packed in their lunch boxes for lunch time. Lunch boxes need to be put in the fridge.

Please supply a water bottle for your child whilst at kindergarten. Water is the recommended and only drink for children at kindergarten. We have filtered water at kindergarten and staff will refill bottles as necessary.

As a critical part of the social environment that shapes children's eating behaviour our site will ensure that a healthy lifestyle is learned, practised and supported through the curriculum and the environment. The following recommendations from the "Right Bite guide to healthy food and drink supply for South Australian schools and preschools" are promoted.

GREEN – CHOOSE PLENTY	AMBER – SELECT CAREFULLY. Check labels against nutrient criteria	RED – UP TO TWICE PER TERM AS PART OF A WHOLE COMMUNITY EVENT
Bread, cereals, vegetables, fruit, reduced fat dairy products, lean meat, fish, poultry and alternatives, water.	Full fat dairy food, some savoury commercial products like pizza, pasta, processed meats, spreads and oils, sauces, snack food bars, cakes, muffins, biscuits, ice-cream, dairy desserts, some fruit juice, some breakfast cereals.	Sweetened drinks, soft drinks, energy drinks, confectionery, deep fried foods, crisps, chips, chocolate covered ice creams, icy poles, croissants, doughnuts, pies, pasties, sausage rolls.



NUT AWARE ZONE

Due to the increasing incidence of severe allergies to nuts in children, the kindergarten is a NUT AWARE ZONE. This means that no nuts of any kind are to be brought to kindergarten, to ensure the health and wellbeing of all children. Please do not send any foods containing nuts, including peanut butter, Nutella or other nut based products.

If a staff member discovers that a child has brought food containing nuts, the food will be removed and put aside until pick up time. The child's parent or caregiver will be consulted and reminded of the "Nut Free Policy".

Occasionally, children with different severe allergies may be attending Margaret Lohmeyer Kindergarten. If the allergy is life threatening, similar procedures to those described above will be implemented, to ensure the child is kept safe. All families will be informed if this situation arises and notices will be displayed at the kindergarten.

Food Safety and Hygiene

Children are encouraged to:

- Sit down while eating
- Wash hands before and after eating
- Help clean up after eating
- Look after their own lunchboxes by packing them away when they have finished eating.
- Making appropriate decisions about when and what they eat.

Learning About Food

Preparation of foods will be included in learning activities. Foods will also be used to introduce children to other cultures. Children will learn about where food comes from and how it is grown.

Sustainability

We encourage families to send food to kindergarten that contains no packaging (nude food) or reusable packaging. As part of our sustainability focus we talk to children about packaging that can be reused, packaging that can be recycled and packaging that results in landfill. We explore the impact of rubbish (landfill) on our environment. Where possible we recycle packaging that is brought to kindergarten.

The staff at Margaret Lohmeyer Kindergarten thank you in advance for your support of this policy.