

## Healthy Food Supply and Nutrition Policy

This centre promotes safe, healthy eating habits in line with the ***Right Bite Healthy Food and Drink Supply***

*Strategy for South Australian Schools and Preschools and relates to the DECD wellbeing strategy.*

This food

policy has been established after consultation with staff, parents and children, and the Whyalla OPAL Council Team.

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

Short term: maximises growth, development, activity levels and good health.

Long term: minimises the risk of diet related diseases later in life e.g. heart disease, stroke, some cancers and Type 2 diabetes.

Advice from Speech Pathologists and Dentists indicates that children should be eating crunchy foods.

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- ✚ Staff at this centre 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 at the centre

### Curriculum

Our centre'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

Integrates nutrition across the Early Years Learning Framework where possible, relating to **Outcome 3:**

**Children have a strong sense of wellbeing**

### Children at our centre:

Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day

Eat in a positive, social environment with staff who model healthy eating behaviours

Are actively included in healthy food preparation and cooking activities on a regular basis

### Our centre:

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

Our centre has the following guidelines for families for food brought from home:

Encourages healthy **food and drink choices** for children in line with the Right Bite strategy  
Encourages crunchy foods for chewing which promotes oral muscle development  
Ensures healthy food choices are promoted and are culturally sensitive and inclusive  
Ensures a healthy food supply for preschool **activities and events** in line with the Right Bite strategy  
Displays **nutrition information** and promotional materials about healthy eating  
Has the following guidelines for families for **food brought from home** or provided by staff within preschool time:

### **Fruit Time**

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

Provide children with important minerals and vitamins

Encourage a taste for healthy foods.

We understand that at times families may run out of fruit. A healthy sandwich with a savoury filling or plain

unsalted crackers e.g. Vitawheat are most acceptable

### **Food and drinks provided to children**

Parents and carers are encouraged to provide healthy food and drink choices in line with the ***Right Bite*** strategy

Staff will ensure that food provided to children by the preschool is in line with the ***Right Bite*** strategy.

**Foods unsuitable for fruit time: Include packaged foods, cakes, sweets, chips, roll ups etc.**

**ALL NUT PRODUCTS.**

**Lunch Care Program** - For children accessing our lunch care program.

The Healthy eating guidelines will still be in place.

Parents are encouraged to follow the above guidelines.

A healthy lunch box might include a sandwich, fruit, yogurt, vegetable sticks, cheese etc.

Please do not include treats, chips, chocolate etc.

Our centre will ensure a healthy food supply for centre activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.

### **Food safety**

Our centre: Promotes and teaches food safety to children as part of the curriculum

Encourages staff to access training as appropriate to the *Right Bite Strategy*, OPAL and Healthy Eating Guidelines

Provides adequate hand washing facilities for everyone

Promotes and encourages correct hand washing procedures with children and staff

### **Food-related health support planning**

Our centre: Liaises with families to ensure a suitable food supply and supervision for children with health support plans that are related to food issues

### **Working with families, health services & industry**

Our centre: Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy

Invites health professionals to be involved in food and nutrition Staff Training and Development

Provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:

- Newsletters
- Policy development/review
- Information on enrolment
- Pamphlet/poster displays
- Promotes the alignment of fundraising with the *Right Bite strategy*.

Note: If your preschool has a child with a serious **food allergy** (e.g. nuts), a separate policy for the duration of that child's involvement with the preschool should be developed and communicated to parents and staff.

The staff at McRitchie Crescent Children's Services Centre thank you in advance for your support of this policy.

Date:

### **Healthy Snacks for Kindy:**

#### **(Choose plenty)**

- \*Fresh fruit whole
- \*Tinned fruit in natural juice
- \*Fresh veg cut into sm. pieces or strips eg: carrot, celery, cucumber, capsicum, broccoli and cauliflower
- \* Corn on the cob
- \*Sandwiches
- \*English muffin
- \*Cheese slices, cottage cheese, cream cheese, fruit cheese and cheese sticks
- \*Plain cracker biscuits: Jatz, Sao's, rice crackers etc.
- \*Sm container of yoghurt, sago, vanilla custard
- \*Weetbix with Vegemite/Promite
- \*Vegetable dips
- \*Plain popcorn, rice cakes
- \*Cold crumpets, pita bread rolled up with sandwich fillings
- \* Cooked - Chicken, fish, chops
- \*Cold pasta
- \*Tossed salad in a container
- \*Homemade: Scones, pikelets, falafel balls, cold toast, pizza
- \*Un-sweeten tin fruit.



#### **(Select carefully)**

- \*Processed meats: Cold meat, fritz, metwurst, sausages, rissoles
- \*Corn fritters
- \*Jam and honey

A good indication of acceptable foods is the nutritional table displayed on each packet. Look at the 100 gms list if product contains more than 20 gms or 200mg of fat, sugar or salt it will not be healthy for your child. Foods that are high in fat and sugars, promote tooth decay. Other foods are soft and don't promote chewing for healthy teeth and oral exercise for speaking

**Snacks we do not wish to see:**

\*Cakes/buns/ pastries e.g.: Pies, pasties, sausage rolls@

\*Sweet biscuits@

\*Lollies#

\*Sugary sandwich spreads e.g.: Chocolate spread, hundreds and thousands#

\*Muesli bars#

\*Roll ups#

\*Fruit straps/ fruit metres/fruit bars#

\*Chocolate anything#

\*K-time bars#

\*LCM bars#

\*Chips or savoury biscuits of any kind

\*Jellies

**\*NO NUTS AT ALL**

(\*= High in  
fats and  
salt)

(#= High in  
sugar)



**“We are an Allergy Zone”**

(Please see the food and nutrition policy for more information)