



## HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Staff at this preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: Maximises growth, development and activity whilst minimising illness.
2. Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes.
3. Advice from speech pathologists and dentists indicates that children should be eating *crunchy* foods.

### Curriculum

Our preschool's food and nutrition curriculum:

- o 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.
- o Includes opportunities for children to develop practical food skills for example, growing, maintaining, preparing and cooking healthy foods.
- o Integrates nutrition across the curriculum where possible.
- o Is part of our involvement in the Department of Health's Eat a Rainbow and The Early Years Learning Framework, and the National Quality Standards Area 1 and 2.

### The Learning environment

Children at our preschool:

- o Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
- o Are encouraged to bring their own named water bottle.
- o Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Our preschool:

- o Understands and promotes the importance of breakfast for children.
- o Teaches the importance of healthy meals and snacks as part of the curriculum.
- o Is a breastfeeding friendly site.

### Food supply

Our preschool:

*Has the following guidelines for families for food brought from home:*

### HEALTHY SNACK TIME:

- o Parents and carers are asked to supply fresh fruit and vegetables at healthy snack time to:
- o Provide children with important minerals and vitamins.
- o Encourage a taste for healthy foods.
- o Encourage chewing which promotes oral muscle development.

**FOODS UNSUITABLE FOR HEALTHY SNACK TIME:** include packaged foods, cakes, sweets, cordials and sweetened fruit juices ***We are a nut aware kindy.***

Health eating Policy: 20 May 2013

Healthy eating Policy October 2015

Healthy eating Policy and updated: 2 March 2016

Approved by Governing Council:

Review date: May 2018

Name and signature of Director: Sharon Devlin