



## **MICHELLE DeGARIS MEMORIAL KINDERGARTEN**

10 Price Avenue, Naracoorte S.A. 5271  
Telephone (08) 8762 1086, Fax (08) 8762 0862

### **Play, Learn and Grow Together**

#### **Right Bite Food Supply and Nutrition Procedure for Preschools**

***This is the Procedure for use by Michelle DeGaris Memorial Kindergarten in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools incorporating the Eat Well SA DECS Healthy Eating Guidelines (2004).***

#### **Rationale**

This kindergarten 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.

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, activity levels and good health.
2. Long term: 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.

Therefore: - staff at this kindergarten 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 kindergarten. This food policy will be established after consultation with staff, governing council and parents within the kindergarten community.

#### **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 - integrates nutrition across the EYLF framework where possible, **relating to the Developmental learning outcome: 'Children develop a sense of physical wellbeing'**

#### **The Learning environment**

Children at our kindergarten: - have fresh, filtered tap water available at all times and are encouraged to drink water regularly through the day - will eat routinely at scheduled break times in a set seated eating space - eat in a positive, social environment with staff who model healthy eating behaviours - use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods  
Our kindergarten: - provides rewards/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

Our kindergarten: - encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy - encourages food choices which are representative of the foods of the preschool community - ensures healthy food choices are promoted and are culturally sensitive and inclusive - ensures a healthy food supply for kindergarten **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 kindergarten time.

## Healthy Snack Time:

Parents and carers are encouraged to supply fruit and vegetables at healthy snack time to provide children with important minerals and vitamins and encourage a taste for healthy foods. After Healthy snack time, if children are still hungry, we ask them to select a “healthy choice” as their option. This is promoted via the newsletter.

## Lunch Time

Parents and carers are encouraged to supply food mostly from the **GREEN** list with some choices from **AMBER** list for lunch. We encourage children and parents **not** to provide food from the **RED** list for the child's day at kindergarten to:

- Provide children with important minerals and vitamins to acknowledge good nutrition which contributes to good health and wellbeing and this is vital for positive engagement in the learning activities at preschool.
- Encourage a taste for healthy foods.
- Support preschool curriculum and child's learning as part of the *Right Bite* strategy.

We offer the option of warming hot foods, and the Naracoorte South Primary School offer canteen lunch orders two days per week.

## 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 kindergarten is in line with the *Right Bite* strategy.

## Food safety

Food Standards of Australia require that we provide enough refrigerator or insulated boxes with ice bricks to store food to keep food cool. Food can be safely stored using eskies for up to 4 hours. Food not eaten at lunch that needs to remain cold to be safe, will be disposed of, as it will be outside the 4 hour safety zone. When possible we will send home uneaten food, so that as a parent, you are aware of what your child has eaten in their day, we recommend that this food is then disposed of at home as it will no longer be fresh.

Our kindergarten: - promotes and teaches food safety to children as part of the curriculum

- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

## Food-related health support planning

Our kindergarten: - liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues. - Has a current egg, nut and nut products procedure to support health plans of some children – please do not send anything with egg, or nuts listed in the ingredient list.

## 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 procedure - provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:

- Newsletters
- Policy development/review
- Information on enrolment – via parent information booklet, website, single page flyer and regular articles in the newsletter.
- Pamphlet/Poster displays
- Promotes the alignment of fundraising with the *Right Bite* strategy.


The staff at Michelle DeGaris Memorial Kindergarten, thank you in advance for your support of this procedure.

Reviewed January 2017

Review January 2018



**Michelle DeGaris  
Memorial Kindergarten**



Government of South Australia  
Department for Education and  
Child Development

### Healthy Eating Guidelines


We ask that families using our centre support us by sending fruit, vegetables, cheese etc for healthy snack and lunch with their children. The traffic light guide below can be used to assist families in making healthy choices and is in line with the Right Bite Healthy Eating Plan.

#### Green

**Most food packed for children's LUNCH should come from this category**

**Fruits**  
Vegetables / vegetable sticks (cooked or raw)  
Sandwiches/wraps with healthy fillings  
(e.g. cheese, meat, salad, vegemite)  
Salad

**Dried Fruit**  
Dry and savoury biscuits, rice crisps, rice cakes, corn cakes  
Cold meats  
Fruit loaf  
Cheese




#### Amber

May include a **MAXIMUM OF 2** small treats for kindergarten children staying for lunch.

**Chips**  
**Yogurt**

**Cakes**  
**Sweet biscuits**




#### Red

**Do not bring these to Preschool**  
\* May be available for special days and celebrations very occasionally.

**Lollies**  
Milkshakes and fruit drinks  
Chocolate lollies & chocolate covered raisins  
Cordial juice & soft drinks

**Fast food (e.g. hot chips)**  
**Nuts & Nut products** - unless a known food allergy exists, send all the products in their original packaging, including the label or instructions and do not take any action to remove the label or instructions.

**Eggs**



### FOR A HEALTHY LUNCHBOX PICK SOMETHING FROM EACH GROUP

1	2	3	4	5	6
<b>FRESH FRUIT</b> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange</li> <li>Watermelon</li> <li>Pineapple</li> <li>Grapes</li> <li>Nectarines</li> <li>Peaches</li> <li>Strawberries</li> <li>Apricots</li> <li>Kiwi fruit</li> <li>Pear</li> </ul>	<b>FRESH VEGETABLES</b> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrots</li> <li>Cauliflower sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes</li> <li>Mushroom pieces</li> </ul> <p><b>Served with:</b></p> <ul style="list-style-type: none"> <li>Hummus</li> <li>Salsa</li> <li>Tartar</li> <li>Dip</li> <li>Yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>Coleslaw/Potato</li> <li>Beans</li> <li>Lettuce/Cheese</li> <li>Pasta salad</li> </ul>	<b>MILK, YOGHURT &amp; CHEESE</b> <ul style="list-style-type: none"> <li>Milk</li> <li>Soy or plant based</li> <li>Yogurt</li> <li>Cheese</li> <li>Cottage cheese</li> <li>Cream cheese</li> <li>Dip</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal</li> <li>Vegetable sticks</li> <li>Rice cakes</li> <li>Corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<b>MEAT</b> <ul style="list-style-type: none"> <li>Tinned tuna or salmon in water</li> <li>Meat roast or meatloaf</li> <li>Chicken beef (chicken beef longpans)</li> <li>Fajita balls</li> <li>Patties</li> <li>Tinned tuna</li> <li>Lentil patties</li> <li>Lean deli cuts</li> <li>Baked beans</li> <li>Tofu</li> <li>Lean meat or chicken kebabs</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Wholegrain bread, roll</li> <li>Wholegrain corn cakes</li> <li>Wholegrain scones</li> <li>Side salad</li> <li>Vegetables</li> <li>Savoury muffins</li> <li>Homemade pizza</li> </ul>	<b>GRAIN &amp; CEREALS</b> <p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Roasted sandwiches</li> <li>Pasta dishes</li> <li>Rice dishes</li> <li>Baked potatoes or potatoes</li> <li>Noodle dishes</li> <li>Sushi</li> <li>Homemade pizza</li> <li>Savoury muffins</li> <li>Veggie based muffins</li> <li>Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED</b></p> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>High fibre, low sugar cereals</li> <li>English muffins</li> <li>Crackers/crispbreads</li> <li>Rice &amp; corn cakes</li> <li>Wholemeal scones</li> <li>Pholets/crumfets</li> </ul>	<b>WATER</b> <ul style="list-style-type: none"> <li>Bring water bottle for refilling throughout the day</li> </ul>

PLEASE PAY ATTENTION TO THE TRAFFIC LIGHT GUIDE OVERLEAF.

The Michelle DeGaris Memorial Kindergarten is an egg and nut aware site. Please do not bring these food items or items containing these (cooked) cakes/muffins containing eggs are acceptable.

## MICHELLE DEGARIS MEMORIAL KINDERGARTEN – FOOD GUIDELINES USING “RIGHT BITE” STRATEGY

This list has been prepared using the Right Bite Guidelines. We have modified this slightly to

- acknowledge the constraints of the kindergarten
- support the kindergarten curriculum
- supporting our work with the Community Health Dietician promoting – “I can eat a rainbow” and Lunchbox Maths”.
- and acknowledging that children are only here for 15 hours of their week, enabling children to access a range of other foods at other times.

The Right Bite strategy teaches children the “traffic light” system of Healthy Eating

**GREEN** – GO – Eat plenty

**AMBER** – SLOW DOWN – Select carefully

**RED** – STOP - Occasionally

We recommend packing food with a small **ice brick** in hot weather. Please place name on all containers.

**GREEN LIST** – Choose plenty

Children can bring green list foods for snack and lunch. We encourage **fruit and/or vegetables** for **morning and afternoon snack** as these will not spoil without esky or refrigeration.

**Breads** - All types of bread including wraps, burritos, tortillas etc. Multigrain, wholemeal, hifibre are extra good!

**Cereal foods** - Rice, pasta, noodles etc.

**Breakfast Cereals** - Whole grain breakfast cereals that are high in fibre and low in salt and sugar can be great “nibbles” at kindy.

**Vegetables** Any – chop up into sticks and add a low fat dip. (dips for lunch time only)

**Fruit** Any – fresh, dried or fruit packs in natural juice

**Legumes** Any

**Reduced fat Dairy products** - Low fat yoghurt, custard (not flavoured please) and cheese.

Pack these with a “cold pack” and make sure they are in the esky for **lunch only**.

**Drinks** - Water only at Kindy please

**Meats** - These need to remain cold – so we recommend always packing with an ice brick and placing in the esky. **Lunch time only**. No “highly processed” meats such as kabana, salami, metwurst etc. These foods are high risk if contaminated.

**We an EGG, NUTS/NUT PRODUCTS aware site in support of children’s health needs.**

**AMBER LIST** – Select carefully - Children may choose from this list to add to their (GREEN) **lunch** choice.

**Savoury products** - Check for fat and salt content. Examples could be cheese and tomato (vegetable) pizza, vegetable pastries, quiches,

**Spreads** Use sparingly - Choose reduced salt/sugar if available. Includes vegemite, fruit jam, and honey. Sorry **no nut spreads**.

**Snack food bars** - Try higher fibre/low sugar varieties such as breakfast bars, cereal bars, fruit bars. Sorry **no eggs, nuts or chocolate**.

**Savoury snack foods/biscuits** - Check for fat and salt content. “Oven Baked” varieties are usually good, dry biscuits, air popped popcorn, rice cakes or crackers.

**Fruit bars or chews** - Fruit bars often don’t contain much fruit. Check for sugar content and go fruit over 80% content. Try to avoid those that look like lollies.

**Cakes, muffins** etc - English muffins, small muffin high in fibre and fruit, scone, small pancake/pikelet are all acceptable. No icing or chocolate. We know many of you make great healthy muffins, cake and scones. To help our 4 year olds as they develop an understanding of this area we would prefer to keep it simple – so please do not send “cake” – stick to muffins, scones.

**Full fat Dairy products** - Full fat yoghurt, custard (not flavoured please) and cheese. Pack these with a “cold pack” and make sure they are in the esky/refrigerator for **lunch only**.