

Mitcham Village Kindergarten

HEALTHY FOOD SUPPLY AND NUTRITION POLICY

RATIONALE

Establishing healthy behaviours from a young age provides a critical foundation for good eating patterns in adult life. Children with appropriate nutrition have recognised improved learning, attention span and behaviour.

POLICY STATEMENT

The aim of this policy is to:

- Encourage and support children to develop an understanding of healthy eating choices and to consume nutritious food during their time at preschool.
- Support the DECD Right Bite Strategy.
- Support children who have additional health and cultural needs, e.g. dietary, allergies and religious beliefs.

STRATEGIES

- Staff will provide curriculum information to parents and children about what is healthy food (as stated in the Australian Dietary Guidelines), what affect healthy and unhealthy food has on our bodies and how we can balance our eating so that we can enjoy food and keep healthy.
- Staff will incorporate into the curriculum, cooking experiences that teach children about healthy food choices. Explicit language to differentiate foods will be used and will incorporate phrases such as "sometimes food" and "everyday foods."
- Children will be involved in experiences that develop an understanding of how food is grown such as a vegetable garden.
- Children will be encouraged to drink water regularly. They can bring their own water bottle or drink the water provided.
- Parents will be informed of the nutrition policy upon enrolment and encouraged to provide suitable healthy food and drinks for their child to have at preschool.
- Department of Education and Child Development centres are "Allergy Aware." Parents will be provided information about foods that are unsuitable because of allergies e.g. nuts, eggs and fish.

CONCLUDING STATEMENT

This policy has been developed by the staff team in consultation with the Governing Council.

This policy will be reviewed and evaluated regularly by both staff and the Governing Council and modified as required to ensure continued relevance for the centre.

This policy was endorsed by the Governing Council on:

Date:

Chairperson: Roxanne Nathan

Director: Janice Williams

Policy review date

Policy review date.....

Policy review date.....

Policy review date.....