



Modbury North Kindergarten

HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Rationale

We aim to promote nutritional eating habits for all children who attend this site, in a safe and supportive environment.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in 3 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
3. Good nutrition contributes to good health and wellbeing and this is vital for positive encouragement in learning activities, therefore:
 - Staff at the Modbury North 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 food for their children at Kindergarten

Curriculum

Our Kindergarten's food and nutrition curriculum:

- Includes experiences 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
- Integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental Outcome: 'Children have a strong sense of wellbeing.'
- Self-help skills are promoted during eating times and children eat in a positive, relaxed and social environment

The Learning Environment

At our Kindergarten, we:

- Have fresh, clean water available at all times and encourage children to drink water regularly through the day
- Eat at scheduled break times while also being flexible for children who are hungry at other times
- 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

Staff at the Modbury North Kindergarten:

- Do not provide rewards and encouragements that are related to foods and drinks
- Understand and promote the importance of regular meals for children by offering morning snack, lunch and afternoon snack times
- Are unable to heat foods because we cannot meet the National Standards for food safety with our limited facilities
- Teach the importance of healthy meals and snacks as part of the curriculum

Food Supply

Staff at the Modbury North Kindergarten:

- Encourage healthy food and drink choices for children
- Ensure healthy food choices are promoted, are culturally sensitive and inclusive
- Ensure a healthy food supply for Kindergarten activities

- Display information about healthy eating
- Do not regularly supply food, but may provide emergency snacks such as cracker biscuits, sultanas or sandwiches if required

Special events at the Kindergarten may offer foods high in sugar, salt and/or fat, a maximum of twice a term in line with the Right Bite strategy

Food brought from home

- We encourage families to supply healthy snacks that are low in
 - Fat
 - Salt
 - Sugar
- Healthy snacks are
 - High in fibre
 - Have good nutritional value
- We encourage children to bring ONLY water to drink

We discourage the following foods:

- Fruit roll ups
- Chips
- Sweets
- Cordial and fruit boxes
- Chocolate
- Cake
- Sweet biscuits
- Drinks other than water
- NO NUTS - In order to ensure the safety of children who suffer from allergies to nuts, please do not provide nuts or nut products for your children while at Kindergarten. This includes: peanut butter, Nutella or nut bars

Food safety

At our Kindergarten, we:

- Promote and teach food safety to children as part of the curriculum
- Provide adequate hand washing facilities for everyone
- Promote and encourage correct hand washing procedures with children and staff

Working with families

At our Kindergarten, we:

- Invite the Governing Council and staff to be involved in the review of our Food and Nutrition policy
- Provide information to families and caregivers about our policy through a variety of ways, including:
 - Information on enrolment
 - Parent information booklet
 - Our website
- Are breastfeeding friendly

Note: If your child has a food allergy, please let staff know when enrolling your child.

This policy is based on the Right Bite Food Supply and Nutrition Policy for Preschools

Policy accepted: June 2020
Date of next policy review: June 2022