

Moonta Kindergarten Healthy Food Policy.

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

Short term: Maximises growth, development and activity whilst minimising illness

Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes

Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Curriculum

Our food and nutrition curriculum:

- Is consistent with the *Australian 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 curriculum where possible.
- Is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at our kindergarten:

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

Our kindy:

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

Food supply

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

FRUIT TIME (CHILDREN ATTENDING KINDY):

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

- Provide children with important minerals and vitamins.
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development

Fresh fruits, vegetables or cheese and crackers, are recommended for fruit time

We understand that at times families may run out of fruit. A healthy snack alternative is most acceptable.

Nuts- A no nut policy is in force when there are children or staff attending the centre with a nut allergy. Families will be advised if the policy changes due to enrolment of a child with an allergy. Families are reminded to only provide foods containing nuts if their child has already previously experienced eating nuts/nut products. **2018- NO NUT POLICY will be in place due to children with allergies.**

Foods unsuitable for fruit time or lunchtime : include packaged foods-chips, cheezles, burger-rings, sweets, lollies. Please do not provide cordials and sweetened fruit juices. Water is all the children need for the day.

LUNCH CARE PROGRAM. For children who access our lunch program.

The Healthy eating guidelines will still be in place.

Parents are encouraged to follow the above guidelines, and ask staff if they have any issues.

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

Please do not include chocolate, muesli bars, roll ups etc.

Please ask staff if you are unsure.

We will Display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Our kindy:

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.
- We cook healthy options, weekly and put out the sign 'What we are cooking today', for parents info.
- Whenever possible we provide recipes or tastings for families.

Food-related health support planning

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

Working with families, health services & industry

Our kindy:

- Has discussions with Governing Council in the review of our whole of site food and nutrition policy
- Invites health professionals to be involved in food and nutrition activities with the children
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:
 - Newsletters
 - Policy development/review
 - Information on enrolment
 - Pamphlet/Poster displays
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Birthdays We know and understand that at the age of 3, 4, or 5, birthdays are a great occasion to celebrate at kindy! You are welcome to bring in birthday cakes or a treat for the children to enjoy. Please ask staff if you require further clarification.