

## Healthy eating

At Mount Barker Kindergarten we believe in providing an environment which encourages healthy eating and living. Healthy foods and water intake coupled with healthy eating habits promote growth and development which, in turn, helps prevent childhood obesity and other health issues that may arise later in life. This policy links with the Early Years Learning Framework – Outcome 3 “Children have a strong sense of well-being”. Specifically “Children show an increasing awareness of healthy lifestyles & good nutrition” – ‘Belonging, Being & Becoming’

### Lunch and snack time

At kindergarten lunch time please supply a healthy lunch, which may include:

- 2 serves of breads and cereals eg. one sandwich, roll or wrap
- 2 serves of vegetables
- 1 serve of fruit
- 1 - 2 serves of dairy
- 1 serve of lean meat or meat substitutes such as legumes.

Fruit/Snack Time please provide at least one piece of fruit and/or vegetable for your child at snack times. We have two snack times morning and afternoon. Examples: vegetables, yoghurt, homemade muesli bars (nut free), cheese & crackers, small/medium fruit muffin, popcorn if it is air popped and only a small serve is provided. Please supply ice packs in your child's lunchbox, especially in warm weather.

### Right Bite

The Right Bite policy is used throughout schools and Kindergartens in South Australia. Foods have been divided into 3 categories:

- Green – foods which are the healthiest choices – Choose plenty
- Amber – foods which are more processed with some added salt, sugar and/or fat- Select carefully
- Red – foods which are highly processed, energy dense and nutrient poor – Occasionally

Kindergarten Staff will use their discretion and provide at least one (1) weeks' notice prior to nominating a 'Red Food Day'. If Red Foods are provided at kindergarten there shall be no more than 2 a term. A note will be displayed at the site reminding parents of these days.

### Nut-aware zone

Mount Barker Kindergarten is a Nut Aware Zone. Nuts and traces of nuts are widely used in processed foods and labels need to be read carefully to ascertain if the foods are nut free. Peanut butter, Nutella, commercially produced muesli bars and nuts are not to be provided at Kindergarten due to health and safety reasons i.e anaphylactic/choking. Parents will also be informed if other anaphylactic causing food allergies are present and are to be avoided at kindergarten. The kindergarten will display such notices at the kindergarten.

### Our learning environment

- Plans healthy cooking experiences for the children by creating food, introducing recipes and using the produce from our garden for the children to enjoy.
- Encourages healthy eating and living.
- Role models healthy eating
- Provide families with healthy eating information

- Include healthy eating and living within the curriculum
- Ask that parents follow the healthy eating guidelines within this policy
- Ensure all children sit whilst eating
- Provide relaxed lunch and snack times where children are able to interact with their peers
- Provide fresh drinking water
- Inform families if food protocols need to change due to children attending kindergarten with life threatening allergies other than nuts.

We are also a breast feeding friendly site.

To support our healthy eating, hydration and nutrition policy please follow the guidelines below.

Please supply a water bottle for your child whilst at Kindergarten. Water is the recommended and only drink for children at Kindergarten. We have filtered water at kindergarten and staff will refill bottles as necessary.

Please avoid processed “red” food and snacks. Snacks high in fat, sugar and salt may be provided ONLY on our nominated ‘red food days’. These include foods such as lollies, biscuits, donuts, chocolates, potato chips, large cakes, cakes with icing or cream, sugary drinks including cordial, sweet pastries, pies, pasties and sausage rolls. Children will be advised to save such foods until after kindergarten; parents will be advised if this situation should occur.

## Birthday celebrations

Birthdays are celebrated at Mount Barker Kindergarten and are inclusive of everyone. Consequently, parents are asked to refrain from providing cake for their child's Birthday as this reinforces our Healthy Eating, Hydration and Nutrition policy and is inclusive of everyone, including those who have food allergies/restrictions. Celebrations include a special time during ‘mat-time’ in which the child is a focus, a pretend cake with candles for the child to blow out and a Birthday song.

Consideration and respect is also given for families that wish to abstain from participating in birthday and/or other celebratory occasions due to religious reasons.

## Other resources

- Government of South Australia Right Bite  
<http://www.decd.sa.gov.au/docs/documents/1/theEasyGuidetoHealthyFood.pdf>
- Eat a Rainbow (a suite of resources to promote learning about the importance of eating a variety of fruit and vegetables to young children and their families)  
<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+eating/healthy+eating+at+different+ages+and+stages+of+your+life/healthy+eating+for+kids+and+teens/eat+a+rainbow+resources>
- Obesity Prevention and Lifestyle (OPAL)  
<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+places/where+we+live+and+play/opal>
- Nature Play website to promote outdoor engagement, creativity and exercise  
[www.natureplaysa.org.au](http://www.natureplaysa.org.au)
- Australian Government Get Up & Grow: Healthy Eating & Physical Activity for Early Childhood (resources include Family Book, Cooking for Children book and posters)  
<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>
- Eat for Health (includes new meal and snack ideas and recipes based on the recommendations from the Australian Dietary Guidelines and the Australian Guide to Healthy Eating)  
<http://www.eatforhealth.gov.au>

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