

Healthy Eating Policy

Policy ID No. PO2/4638



Government of South Australia
Department for Education and
Child Development

DOCUMENT CONTROL

Managed by:
Preschool

Responsible position:
Director

Version:
3

Approved by:

Date approved:

Staff

13/11/2017

Governing Council

13/11/2017

Next review date: November 2018

We encourage healthy eating at Mt Pleasant and District Kindergarten so children will grow up with a sound knowledge of good nutrition and diet.

Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at preschool and school. (DECD: eat well sa)

In SA 88% of young children attend preschool. (DECD: eat well sa)

Preschools are therefore a critical part of the social environment that can support and help shape children's positive eating behaviours.

Our "Healthy Eating Guidelines" at Mt Pleasant Kindergarten integrally link food supply, food safety, family partnership, healthcare services, the curriculum and the learning environment, into the learning culture of our centre.

At Mt Pleasant and District Kindergarten children's learning in regards to food and nutrition is supported by the curriculum document EYLF. Our learning program provides a range of opportunities to develop awareness and skill in the growing, preparing, cooking and tasting of a variety of foods.

Children at Mt Pleasant and District Kindergarten eat at routine times to support good eating habits. Children have opportunities to access morning fruit/snack during our morning session when they feel hungry and afternoon session with reminding if needed by staff.

Children at Mt Pleasant and District Kindergarten eat lunch in a supervised social environment to support good health and well being habits. Children learn social interaction skills, personal hygiene, food selection, manners, and time management and relaxation skills.

Mt Pleasant and District Kindergarten promotes the daily consumption of fresh fruits and vegetables. Fruit/ snack time is a supervised social gathering where children are supported in participating in recycling and hygiene practises and incidental discussions on healthy eating options.

Recommendations:

FRESH FRUITS AND VEGETABLES

Cut or prepared for easy eating.

Appropriate size or quantity to reduce wastage.

Children at Mt Pleasant and District Kindergarten are encouraged and supported to access fresh water throughout their preschool day. Staff encourage the regular consumption of water as part of the fruit/ snack and lunch routines.

Parents are primarily responsible for the provision of food for their children (DECD eat well sa)

At Mt Pleasant and District Kindergarten we recognise that children's learning is highly supported when both home and preschool work in partnership and take mutual responsibility for children's learning. **Our Healthy Eating Guidelines are aimed at providing clear instruction for staff and families in supporting children's health and well being and request that parents support this framework.**

Lunchtime is a significant part of a child's full day attendance and we ask that parents/carers provide healthy food options for their child's lunch box.

Foods we recommend include:

Fresh fruits/vegetables	Dry savoury biscuits
Cheese	Dried fruit
Yogurt	Fruit muffins/cakes
Pikelets	
Sandwiches with healthy filling	

Foods we do not recommend:

Fruit roll ups
Chips
All confectionary (chocolate and lollies)

Foods not allowed:

Nuts and nut spreads (allergy aware centre)

Children are asked not to share food at preschool to avoid possible health risks.

Drinks

WATER ONLY PLEASE

Cordial, juice, milk drinks and soft drinks are not to be sent to preschool.

Allergy Aware

Mt Pleasant and District Kindergarten is an Allergy Aware centre and we have ***an Allergy (and anaphylaxis) aware Policy*** in place.

We actively support the inclusion of children with food allergies and intolerance

The policy states:

In order to protect children with allergies to peanuts and similar nut products, Mt Pleasant and District Kindergarten has a policy that no food containing nuts should be brought into the centre.

Products that contain nuts include peanut butter, Nutella, fruit and nut bars, chocolate bars and any other product that have nuts listed in their ingredients. This does not include products that contain the warning 'may contain traces of nuts.'

Special Occasions

At Mt Pleasant and District Kindergarten children have a healthy fruit break everyday that is sporadically supplemented with cooking activities and 'treats'. We aim to help children learn that if we have regular healthy eating habits, the occasional treat is OK.

Children's birthdays are celebrated with the "Happy Birthday" song and parents can supply a fruit platter if they wish. Please do not send birthday cakes or other food treats to preschool.