



Norrie Stuart Childhood Services Centre Policy

National Quality Standard

2.2

Regulation

168 (2) (a) (i)

Food and Nutrition Policy

Updated July 2020

Rationale

At Norrie Stuart Childhood Services Centre, we support the short and long-term health and wellbeing of children and we believe it is important they eat nutritious foods from birth. Nutritious foods are those that are low in sugar, fat and salt and have some nutritional value for the child, i.e. foods that have the necessary vitamins, minerals and nutrients that are essential for growth, development and good health.

Objective

This policy has been developed to:

1. Promote healthy food and drinks to children
2. Help children grow up with a sound knowledge of food and nutrition and be positive role models to the children
3. Promote safe eating practices

Procedures

Our strategies to achieve the above objectives are:

1. Promote healthy food and drinks to children by:
 - a. Provide information to parents regarding the Australian Dietary Guidelines for Children and healthy lunchbox ideas/ healthy snacks
 - b. Ensure that most cooking activities involve healthy foods. Unhealthy cooking activities must be limited to once per term.
 - c. Healthy food choices and non-food items should be considered for fundraisers. Limit fundraisers involving unhealthy foods to once per year.
 - d. Ensure that water is freely available to children at all times. We ask parents to supply children with labelled drink bottles that have water ONLY. We can supply cups and tap water also.
2. Help children grow up with a sound knowledge of food and nutrition and be positive role models to the children by:
 - a. Incorporating food awareness and healthy eating activities in our curriculum
 - b. Expose children to a variety of foods with different tastes, textures and smells.
 - c. Involving children in growing fruit and vegetables in the kindy garden
 - d. Encouraging children to participate in preparing and cooking food during our sessions.
 - e. Healthy eating is a focus in programming each year, including healthy cooking. Staff will share fruit time with the children to be positive role models.



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3. Promote safe eating practices by:
- Hygiene practices will be reinforced with children (e.g. washing hands before eating)
 - Children must sit down when eating and be supervised by staff.
 - Norrie Stuart Childhood Services Centre is a nut-awareness centre, and take appropriate measures to ensure safety of children that have food allergies.
 - Parents are provided with information on safe food handling and storage; including Nude Food.
 - Discard any food that falls on the floor
 - Advise parents of current choking guidelines for children under four years of age – refer to link:
(http://www.cyh.com/HealthTopics/library/Preventing_Choking_Fact_sheet.pdf)

Shared Fruit/ Vegetable at snack time

We ask parents and carers to provide children with a piece of fruit or vegetable per session to eat at fruit time. Staff members support this policy strictly and do not allow children to eat inappropriate foods. This snack is limited to either fruit or vegetables for the following reasons:

- To provide children with important nutrients
- To encourage children to try healthy foods and promote healthy eating habits
- To encourage chewing to promote good oral motor development
- Children are usually quite happy to eat healthy food but will often pick unhealthy foods if given a choice. They may be more willing to eat these foods at Kindy then they are at home. Feedback will be provided to parents regarding their children's eating habits at Kindy if this is the case. A referral can be made to a Dietician at the Whyalla Hospital and Health Service if fussy eating is a continued problem.

Lunch Care

Parents and carers of children who are at the Kindergarten for lunch are encouraged to pack healthy lunches consisting of a variety of foods from the five food groups. A variety of foods from the five food groups will help children meet their nutrition requirements for the day.

Parents and carers will receive information brochures regarding appropriate and inappropriate lunch-box foods.



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Information may include:

- > 'How to increase essential food groups in the lunch box'
- > OPAL 'Make it a fresh snack' brochure
http://www.whyalla.sa.gov.au/webdata/resources/files/SN13_Adult_DL_Brochure-Generic.pdf
- > 'Food for Health Dietary Guidelines for Children and Adolescents'
<http://www.nhmrc.gov.au/guidelines/publications/n29-n30-n31-n32-n33-n34>
- > 'Get up & Grow Lunch box ideas'
<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-hw05>

Please note: this is a nut-awareness zone due to the fact that some children can have a life-threatening reaction to nuts/ nut products (including peanut butter, muesli/ nut bars and other snack items)- we ask that you do not pack items containing nuts for kindy.

Birthday Celebrations

To make birthday celebrations inclusive for everyone, parents are asked to not provide cake for their child's birthday. This reinforces the healthy eating policy and does not exclude children who have food allergies/ restrictions. Birthdays will still be celebrated at the centre. 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.

Food we recommend include:

Fresh Fruits
Cheese
Yogurt
plain popcorn
Pikelets
Lean meat
Chicken/tuna

Cold baked beans
Low sugar/Salt Muesli Bars
Cracker Biscuits
Fruit Muffins
Sandwiches with healthy fillings
Vegetables

Foods we DO NOT recommend include:

Nuts (including
Nutella)
Chips
Sweets
Cordial/ juice
Chocolate

Cakes and Sweet Biscuits
Peanut Butter
Fruit Roll ups
Soft Drink
Muesli Bars with nuts and/or chocolate

To be reviewed August 2023