



One Tree Hill Preschool Healthy Eating and Nud Food Policy.

Links to National Quality Standards

2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.

1.1.3 All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning.

3.2.3 The service cares for the environment and supports children to become environmentally responsible.

Staff at OTH Preschool aim to promote healthy eating habits for all children, within a safe, supportive environment. We know that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways.

- Short term: Aids concentration, energy levels and calm behaviour and maximises growth, development and activity while minimising illness.
- Long Term: Minimises the risk of diet related diseases later in life eg Heart disease, strokes and diabetes. Also establishes healthy eating patterns.
- Recommendations from Speech Pathologists and Dentists indicate that children should be eating a variety of foods including crunchy foods to promote oral muscle development and healthier teeth and gums.

This policy has been developed after consultation and is in line with the National Quality Standards for Education and Care Services Regulations and the Early Years Learning Framework.

Curriculum

Our Preschool's food and nutrition curriculum;

1. Includes activities that support children to develop knowledge, attitudes and skills to make **positive** choices as well as to learn about the wide variety of foods available for good health.
2. Includes opportunities to develop **practical food skills** like preparing and eating healthy food.
3. Is in line with the National Quality Standards and Early Years Learning Framework and connections to nutrition are made across the curriculum where possible.
4. Uses healthy eating strategies throughout the year that encourage children to try new foods that they may otherwise not try.

Educators participate in meal times with the children, supporting them to tune in to their bodies needs and to promote healthy eating in a relaxed environment where conversation is encouraged.

The Learning Environment

Children at our Preschool:

1. Have fresh tap water available at all times and are encouraged to drink water regularly through the day.
2. Eat in a positive, appropriate social environment with educators who model healthy eating behaviours.
3. Use garden facilities and resources from time to time for growing and learning about healthy foods.

Working with families

Our Preschool:

- Is a Breast Feeding Friendly Service.
- Supports families to access food and nutrition information as appropriate.
- Discusses any concerns about children's eating with the family.
- Invites professionals and community organisations to be involved in food and nutrition activities with children.

Food safety

Our preschool:

- Promotes and teaches **food safety and hygiene** to children during food learning / cooking activities.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.
- Prepare and /or cooks healthy options with the children and may provide these recipes for families.
- Our preschool follows health support plans for individual children related to food issues.

Food Supply

Our preschool promotes sustainable and environmentally responsible practises. One Tree Hill Preschool is a

NUDE FOOD SITE.

This means that children may not bring packaged food to preschool, this includes all paper, plastic and foil.

*Children may not bring food treats to share on their birthday, but you are welcome to provide a cake made of fruit, a fruit and vegetable platter or other environmentally responsible party favours if you wish to. Please check with the teaching staff first.

Our preschool encourages healthy food choices adapted from “The Right Bite guidelines” Please use the following guidelines for food brought from home:

**Our suggestion list has been prepared using the
Right Bite Guidelines.**

Children are only at Preschool for 15 hours of their week. This enables them plenty of opportunities to access a range of other foods at other times.

The Right Bite strategy teaches children the “traffic light” system of Healthy Eating –

GO – Eat plenty of these foods at kindy

AMBER – SLOW DOWN – Select carefully to have with your green choice.

STOP –Not at kindy

Please be careful selecting foods at the supermarket as food packaging may be misleading and say 'lunchbox approved' when it is unsuitable for kindy. Please check the salt, fat and particularly the sugar content carefully. (4g of sugar =1 teaspoon)

(Reviewed July 2020)



Government of South Australia
Department for Education and
Child Development

Approved by the Governing Council Term 4,2016

GREEN LIST – Choose plenty

Children can bring green list foods for snack and lunch. We encourage **fruit and/or vegetables** for **snacks**.

Food Type	Examples
Bread	All types of bread including wraps, burritos, tortillas etc. Multigrain, wholemeal, Hi fibre are extra good!
Cereal Foods	Rice, pasta etc. (unfortunately we cannot heat these up).
Vegetables	Any – chop up into sticks and add a dip.
Fruit	Any – fresh, dried
Legumes	Any – again we cannot heat up – but many children enjoy cold baked beans!
Dairy Products	Yoghurt (plain or vanilla) only and cheese.(Reusable containers only please)
Drinks	Water only
Meats	These need to remain cold so please provide a cooler block.

AMBER LIST – Select carefully Children may choose from this list to add to their (GREEN) lunch choice

Food Type	Examples
Savoury products	Check for fat, sugar and salt content. Examples could be cheese and tomato (vegetable)pizza, vegetable pastries and quiches.
Snack food bars	Muesli bars (not wrapped) no chocolate or yoghurt coated
Savoury snack foods/biscuits	Check for fat, sugar and salt content. "Oven Baked" varieties are usually better, dry biscuits, air popped popcorn, rice cakes or crackers.
Baked goods	English muffins, small muffin high in fibre and fruit, scone, small pancake/pikelet are all acceptable. Plain biscuits. No icing or chocolate . We know many of you make great healthy muffins, cake and scones.
Dairy products	Whole Fruit or vanilla Yoghurt and cheese. Please supply a cooler block

Red LIST – Not for daily Preschool eating
(with the exception of designated Preschool celebrations, up to 2-3 times per year)

Food Type	Examples
Drinks	Soft drinks, cordial, sports drinks, flavoured mineral waters, sports waters, flavoured milk and fruit drinks. WATER ONLY AT KINDY
Lollies, Sweets, Chocolate, Jubes,	Confectionery-all types. Including foods that look like lollies and are high in sugar- roll ups, tails. Lollies, -Jubes and boiled sweets. Chips, twisties, corn chips etc Chocolate bars and chocolate flavoured products eg- on muesli bars ,custard, LCMs products containing 100s and 1000s, choc chips etc. Artificially flavoured yoghurt and all custard.
Cakes etc	Cakes, sweet pastries and slices, doughnuts, lamingtons, cream filled buns/cakes, sweet slices, biscuits and bars.