



Penneshaw Kindergarten

Food and Nutrition Policy

Rationale

Penneshaw Kindergarten promotes safe, healthy eating habits. We believe that early childhood is an important time for establishing life long, healthy eating habits and can benefit the children in three ways

1. Short term: maximises growth, development activity levels and good health
2. Long term: minimise the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities

Objective:

Our food and nutrition policy aims to:

- Encourage parents and caregivers to supply healthy food for their children at Kindergarten
- Provide an environment in which staff model and encourage healthy eating behaviours
- Ensure food and drinks are consumed in a safe, supportive environment for all children

Appropriate lunchbox foods

We encourage families to provide a wide variety of nutritious foods for their children. Suitable foods for children's lunchboxes include:

- Fruit – fresh, canned or dried
- Vegetable – salads, vegetable sticks, baked potatoes,
- Cereals – breads, wraps, pasta, rice, - preferably wholegrain
- Lean meats, fish, poultry and/or alternatives – boiled eggs, baked beans, seeds etc
- Milk, cheese, yoghurt,
- Water – please supply a water bottle for your child

PLEASE DO NOT SEND NUTS OR FOODS CONTAINING NUTS

When selecting foods for your child's lunchbox care should be taken to:

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt,
- Consume only moderate amounts of sugars and foods containing added sugars

For this reason foods such as chips, lollies, soft drinks, cordial, fruit juices and chocolate are NOT appropriate lunchbox foods.

Please consider the choking risks of foods when selecting and preparing lunchbox snacks.

Birthdays and Special Occasions

- If you would like to celebrate your child's birthday at kindy please discuss with the educators prior to the occasion
- We would encourage the provision of a healthy option rather than a cake such as a fruit platter, fruit kababs or healthy muffins.

Curriculum

Penneshaw Kindergarten's food and nutrition curriculum:

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating. We therefore promote and support Breastfeeding, promote the consumption of sufficient nutritious food for grow and development and encourage children to be active, encourage the consumption of a wide variety of nutritious foods and water and promote food safety practices.
- 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
- Promotes 'Nude Food' which are foods without excessive packaging

The Learning environment

Children at Penneshaw Kindergarten:

- Have water available at all times and are encouraged to drink water regularly through the day
- Will eat when they are hungry and offered food routinely throughout the day
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:

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

Food Safety

Our kindergarten:

- Promotes and teaches food safety to children as part of the curriculum
- Encourages staff to access training in food handling
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.
- Stores lunchboxes in the fridge. The fridge temperature is checked and recorded daily.
- Provides parents with information regarding choking so they can make informed choices as to what foods they send for their child
- Discourages sharing of lunchbox foods
- Will review our policy if a child with severe food allergies is enrolled

Food-related health support planning

Our kindergarten:

- 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 kindergarten:

- Invites parents and caregivers to be involved in the review of our food and nutrition policy
- Provides information to families and caregivers about nutrition through:
 - Policy development/review
 - Information on enrolment
 - Pamphlet/poster displays

This food and nutrition policy has been established after consultation with staff, parents and the community.

References /resources

- [Australian dietary guidelines \(2013\)](#)
- [Healthy eating for infants, children and teenagers](#)
- [Get Up & Grow: healthy eating and physical activity for early childhood](#)
- [Get Up & Grow: resources for Aboriginal and Torres Strait Islander early childhood educators, families and carers](#)
- [Nutrition resources for children under 5](#)
- [Eat for health educator guide \(2013\) \(PDF 4.1MB\)](#)
- [Healthy Living Resources – SA Health](#)
- https://www.dhhs.tas.gov.au/_data/assets/pdf_file/0004/81769/Web_lady_gowrie_booklet.pdf

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