



Healthy Food Supply and Nutrition Policy

At Plympton South Kindergarten, we promote safe, healthy eating habits in line with the Australian Dietary Guidelines 'Healthy Eating for Children: teach your child healthy habits for a healthy life' which relate to the Wellbeing SA strategy.

Education and Care Services National Regulation 2011:

Regulation 168 (2) (a) (i)

Related Key regulation 77, 78, 79, 80

Note: Reg 79 and 80 do not apply to food and beverages provided by a parent for their child

Links to the National Quality Standards: National Quality Standard 2.1 Health, Element 2.1.3 Healthy Lifestyle

We believe that early childhood is an important time for establishing life-long, healthy eating habits and can benefit children's wellbeing in three ways:

Short term: aids concentration, maximises growth, development, activity levels and good health.

Long term: minimises the risk of diet related diseases later in life.

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

This means that:

- Staff at this preschool model and encourage healthy eating behaviours.
- Food and drink are consumed in a safe, supportive environment for all children.
- Parents and caregivers are encouraged to supply healthy foods that are in line with the Right Bite strategy for their children.

At Plympton South Kindergarten, we

- Understand and promote the importance of breakfast and regular meals for children.
- Teach the importance of healthy meals and snacks as part of the curriculum.
- Are a breastfeeding friendly site.

The Food and Nutrition curriculum at Plympton South Kindergarten:

- Is consistent with the 'Healthy eating for children' guide from the 'Australian Dietary Guidelines', Australian Government Department for Health.
- 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.

- Integrates nutrition across the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS).

In our learning environment, children:

- Have clean, fresh tap water available at all times and are encouraged to drink water regularly through the day.
- Have opportunities to eat regularly during the daily routine.
- Eat in a positive, social environment with staff who model healthy eating behaviours.
- Use the preschool garden to learn about and experience growing, harvesting, and preparing nutritious foods.

Guidelines for families for food bought from home:

PLEASE REMEMBER THAT WE ARE A NUT-FREE SITE. THIS INCLUDES NUT SPREADS SUCH AS NUTELLA OR PEANUT BUTTER.

- We encourage families to pack lunches for their children that are rich in vitamins and nutrients essential for their growth and development.

FOODS NEED TO BE LOW IN SUGAR, SALT AND FAT.

Foods we suggest:

Multigrain or wholemeal bread, roll or wrap, with a savoury filling.
vegetable sticks and fresh fruit, dips, plain unsalted crackers and rice cakes,
yoghurt, lean cold meats, cheese, dried fruits, popcorn, savoury and fruit
muffins (un-iced), sushi, rice/pasta/noodles

Foods we suggest that you don't provide:

Chocolate, lollies, iced cake and slices, fruit roll ups, sweet biscuits, chips,
muesli bars that contain nuts or chocolate, LCM bars, Custards, Tiny teddies,
Corn chips

You are encouraged to send your children to Kindergarten with a clearly labelled water bottle which is easy for your child to open independently. Please only fill your child's bottle with water. Due to high sugar content, we discourage fruit juices and cordial.

As lunches remain in the bags we ask that you pack them in a soft refrigerator pack/esky bag. We suggest in summer that you place an ice block in there. When the temperature is forecast to be 35 degrees or above, lunchboxes will be placed inside.

For safety reasons, we ask that you provide food that your child can easily manage, which is prepared in a way they also eat at home. For example, hard fruit or vegetables may be grated or cooked for softening and grapes be cut in half to make them suitable for your child to eat safely at Kindy.

We communicate this information to families prior to attending our site at our Parent Information Evening, an emailed digital newsletter 'Healthy eating at Kindy' and in our Parent Information Pack.

Guidelines for children with special needs or dietary requirements:

- We will liaise with families to create and implement support plans as we are made aware of children's individual requirements. All staff and volunteers will be made aware of needs of individual children. At the time of enrolment, we ask families to provide us with details of any special considerations for their child such as cultural, religious or dietary requirement and health care needs, including any health-related dietary restrictions, medical conditions or allergies. We are responsive to families as children's needs and requirements may change during their time at Kindy.

Guidelines for special occasions, e.g, birthdays:

- We will ensure a healthy food supply for preschool events and special occasions, limiting availability to foods which are highly processed, and high in fat, sugar, and salt to once per term. More information regarding this will be made available to families as the event approaches.

- We understand that birthdays are momentous and exciting occasions, and we encourage families to celebrate these by supplying their child with a 'fresh fruit cake'. A popular choice is a half a watermelon which we can put candles into, which after a short ceremony will be then cut up and shared amongst their peers. Before your child attends kindy, they will be emailed a digital newsletter providing them with this information. Due to allergy awareness and to remain in line with our healthy eating guidelines, please do not send your child with actual cake or lolly bags etc. Please speak to staff for more information.

Food Safety:

- We will promote and include in the curriculum information about food safety, such as storage and handling of food.

- Staff will access, role-model, and provide adequate hand washing facilities for children and volunteers, and promote correct hand washing procedures.

- Staff will be encouraged to access training as appropriate to the needs of the children and the curriculum.

When preparing food staff/volunteers follow the guidelines below:

- Hands are washed with warm soapy water before any food is touched.
- The bench should be wiped down.
- Cutting boards should be used at all times.

When serving food:

- Children and staff need to use tongs when selecting food.
- All fresh food is kept. All left over food should be disposed of in a hygienic manner.

When storing food staff/volunteers follow the guidelines below:

- in the refrigerator.
- The staff's food, is stored in the cupboard, clearly marked and stored in containers.
- Protect food from contamination by covering all food.
- Ensure stock is rotated.
- All dry food should be stored in a sealed container and labelled clearly.

- Staff are responsible for their own food being stored correctly.

Resources:

Healthy eating for children: [Healthy eating for children poster \(eatforhealth.gov.au\)](https://eatforhealth.gov.au)

Wellbeing SA: [Wellbeing SA | Eating well • Wellbeing SA](#)

Get up and Grow: [Get Up & Grow – Healthy eating and physical activity for early childhood – Resource collection | Australian Government Department of Health and Aged Care](#)

This Policy has been developed by the Governing Council

The policy will be reviewed and evaluated regularly by both the staff and Governing Council and modified as required to ensure continued relevance for the Centre. This policy has been developed by the Preschool director in consultation with staff and the Governing Council

Latest review completed August 2023

Chairperson 

Policy Issue Number 5

Policy review Date: August 2026