



HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Rationale

Pooraka Community Kindergarten promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools**.

See <http://www.decd.sa.gov.au/eatwellsa/>

We believe that early childhood is an important time for establishing lifelong, 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: minimises 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.

Therefore:

- staff at this Kindergarten encourage healthy eating behaviours.
- food and drink are consumed in a safe environment for all children.
- parents and caregivers are encouraged to supply healthy foods.

Curriculum

Our Kindergarten's food and nutrition curriculum:

includes activities that encourage children to make positive healthy food choices.

The Learning Environment

Children at Pooraka Community Kindergarten:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- eat a mid morning snack of fresh fruit or vegetable [supplied by parents]
- are fully supervised at lunch time by 2 staff members. Each child sits at a table and are encouraged to independently manage their own lunch box and seek assistance if needed
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our Kindergarten:

- provides rewards/encouragements that are not related to food or drink
- 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 supply:

Pooraka Community Kindergarten:

- encourages healthy **food and drink choices** for children in line with the **Right Bite** strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive

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- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- has the following guidelines for families for **food brought from home** or provided by staff within preschool time.

Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the *Right Bite* strategy
- staff will ensure that food provided to children by the preschool is in line with the *Right Bite* strategy.

Food safety

Pooraka Community Kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food-related health support planning

Pooraka Community 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:

Pooraka Community Kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
- promotes the alignment of fundraising with the Right Bite strategy.

NOTE: if your preschool has a child with a serious **Food Allergy** (eg. Nuts), a separate policy for the duration of that child's involvement with the preschool should be developed and communicated to parents and staff.

The staff at Pooraka Community Kindergarten, thank you in advance for your support of this policy.