



PORT PIRIE COMMUNITY KINDERGARTEN

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Food Supply & Nutrition Procedure

Main Philosophy Links

P1: The importance of play is promoted as the foundation of child-centred programs and the structure of daily routines and activities. The children's interests persuade the program content.

P3: Independence, interdependence and self-worth are highly valued and self-help skills are encouraged in accordance with ongoing personal development.

P4: Individuals are valued and our kindergarten environment reflects our appreciation of diversity, family values and cultural backgrounds. We value respect and honesty by promoting an environment that is inclusive, accepting and free of culture and gender bias.

Main Standards and Elements

Element 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

Element 5.2.1 Each child is supported to work with, learn from and help others through collaborative learning opportunities.

Element 6.1.2 Families have opportunities to be involved in the service and contribute to service decisions.

Element 7.2.1 A statement of philosophy is developed and guides all aspects of the service's operations.

Staff aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Maximises growth, development and activity whilst minimising illness
2. Minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Procedures will be formed in consultation with staff, parents and aligned with the 'Eat well, Be active' programme and "Right Bite Healthy Food & Drink Supply Strategy for SA Schools.

Curriculum

Our preschool's food and nutrition curriculum:

- Is consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- 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 curriculum where possible
- Is part of the Early Years Learning Framework and National Quality Framework
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Last Reviewed & endorsed by Staff & Governing Council in Term 3, 2017

The Learning Environment

Children at our kindergarten:

- Have fresh, clean water available at all times and are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our kindergarten

- Understands and promotes the importance of breakfast for children
- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site
- Requests parents to be involved in cooking activities and promotes diversity in foods

Food supply

Our kindergarten encourages healthy food and drink choices for children and ensures healthy food choices are promoted. We have the following guidelines for families for food brought from home:

FRUIT TIME

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

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development

LUNCH TIME

Parents are asked to provide a healthy lunch. This might include a sandwich, salads, a cold serve, yoghurt, extra fruit, veggie sticks, a yoghurt or cheese. Parents are encouraged to provide healthy drink choices e.g water

Food unsuitable for kindergarten: include packaged foods, cakes and sweets - NUT PRODUCTS if Allergy Aware procedure in place. Please do not provide chocolate, muesli bars, roll ups etc. Cordials and fruit juices are also not recommended.

Our kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks **to no more than twice a term, in accordance with the Healthy Eating Guidelines.**

Food safety

Our kindergarten:

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.
- We cook healthy options and, whenever possible, we provide recipes or tastings for families.

Food-related health support planning

Our kindergarten will liaise 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 these procedures
- Invites health professionals to be involved in food and nutrition activities with the children
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:
 - Newsletters
 - Review Information on enrolment
 - Pamphlet/Poster displays
- Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*
- Works within guidelines of minimising exposure to teratogens (pollutants) through hand washing and care in food consumption
- If a child attending kindergarten has a serious food allergy (e.g. nuts) a separate policy will be developed in consultation with families and communicated to families.