

Port Pirie West Children's Centre

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy 1: Healthy Food Supply & Nutrition

FOODS THAT MAY BE UNSUITABLE FOR KINDY DUE TO ALLERGIES

- **ALL NUT PRODUCTS – we are nut aware and nuts may be unsuitable if we have a child enroll with a confirmed nut allergy** - (Please note that this does not include foods that state 'may contain traces of nuts' as most foods now state this for food manufacturers to cover themselves.) At times we may have children at our Kindergarten who have Anaphylaxis which is a serious condition and can be fatal if the correct prevention and treatment of the allergy does not occur.
- **EGGS only if we have a child with an egg allergy** – This does not include baked goods such as cakes etc. but includes whole eggs (boiled & in sandwiches, and quiches) We may at times have children enrol who have serious egg allergies and if this is the case staff will notify all families.

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

- Short term: maximises growth, development and activity whilst minimising illness
- Long term: minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
- Advice from speech pathologists and dentists indicates that children should be eating crunchy foods as it encourages chewing which promotes oral muscle development

This food policy has been established after consultation with staff and Governing Council.

Curriculum

Our Preschool's food and nutrition curriculum policy:

- Is consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia*, the *Australian Guide to Healthy Eating* and the 'Right Bite Healthy Food and Drink Supply Strategy for South Australian schools and preschools'.
- Includes experiences 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 (EYLF) and National Quality Standard (NQS).
- Regular sessions run by Environmental Health Centre such as the "Eat a Rainbow" program

The Learning environment

Children at PPWCC:

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

Our preschool:

- Understands and promotes the importance of breakfast for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.

Food supply- *Our Preschool has the following guidelines for families for food brought from home:*

BREAKFAST and FRUIT TIME:

The preschool via TLAP funding supplies **FRESH fruit and vegetables** for fruit time and provide breakfast foods through Kickstart Funding:

- Provide children with important minerals and vitamins, especially important to minimise lead absorption
- Encourage a taste for healthy foods

LUNCH

If there are children enrolled with identified food allergies, all families will be notified and encouraged to follow appropriate guidelines that they will receive written notification of.

- Please also consult the 'PPWCC Tips for A Kindy Healthy Lunch Box Ideas' for more detailed information about what you could pack.
- In line with healthy lunchbox guidelines we encourage families to pack as many **healthy** foods as possible, **and not pack** foods such as chocolate, biscuits, lollies or chips.
- Families to be given a copy of the Healthy lunch box ideas fridge sheet" in their enrolment pack
- Please ask staff if you are unsure.
- **Children will be supported to eat their main healthy foods first such as sandwiches, wraps, salads, followed by sometimes foods such as yoghurt, muesli bars etc.**

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 and chips to no more than twice a term, if at all, in accordance with the Healthy Eating Guidelines. We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Children's Birthday Celebrations: Often staff are asked by parents if they are allowed to bring in a treat to give out to the children to celebrate their child's birthday. After much discussion, Governing Council and Staff agreed that cake can be brought but will be distributed at the end of the session dependent on verbal parent/caregiver consent. Kindergarten staff will ensure that every child has "Happy Birthday" sung to them by all of the staff and children and will also receive a birthday certificate and sticker.

Food safety

Our preschool:

- Promotes and teaches food safety to children during food learning / cooking experiences.
- 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 and have sessions by Environmental Health to learn correct technique.
- When cooking programs are in place, we will cook healthy options, and will inform parents through the entrance whiteboard 'What we are cooking today' for parent's information. Environmental Health will offer cooking sessions throughout the year and parents/ caregivers will be given a recipe.

Food-related health support planning

Our preschool:

- 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 preschool:

- Has invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- 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; Policy development/review; Information on enrolment; Pamphlet/Poster displays; promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*.