



## Healthy Food and Nutrition Policy

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Signed: A Tyler

Director

**National Quality Standard 2.1, 2.1.1, 2.2.1**

**Regulation 77-80 90 91 162 168**

Signed: G D'Agostino

Chairperson

Review Date: August 2024

### **Rationale**

At Risdon Park South Kindergarten, we are passionate about providing an environment that supports and encourages healthy eating for happy, healthy bodies and minds. At Risdon we provide many opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children.

Healthy eating practices are also important in the development of children's speech and sounds. The chewing action is necessary to exercise and strengthen the jaw, needed for the complex development of speech. Very fine coordination of the tongue, lips, jaw and palate is necessary for the production of the many different sounds we make when talking.

Staff at this preschool 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. Short term: Maximises growth, development and activity whilst minimising illness
2. Long term: 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.

We recognize the importance of nutrition and specific practices in helping combat the effects of lead absorption in young children.

### **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 embedded in the Early Years Learning Framework and National Quality Standards.

### **The Learning environment - Children at our preschool:**

- ✓ Are encouraged to bring a water bottle (with water in it) from home to each preschool session. Children will also have fresh, clean tap water available at all times
- ✓ Are encouraged to drink water regularly throughout the day
- ✓ 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
- ✓ Understand the importance of implementing best lead safe practices of hand washing prior to preparing, eating foods and sitting at an appropriate area
- ✓ Provides a drink of milk daily for all children (dietary requirements catered for)

### **Fruit time and lunch time – all food brought from home**

Parents and carers are asked to supply appropriate food that:

- Provides children with important minerals and vitamins
- Encourages a taste for healthy foods
- Encourages chewing which promotes oral muscle development.

*A healthy lunch box might include a sandwich, fruit, yogurt, vegie sticks etc.*

*Please do not include chocolate, muesli bars, chips, roll ups etc.*

Please ask staff if you are unsure.

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.

We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

### **Allergy Awareness**

Common foods which cause allergies e.g. **Nuts and all nut products** (Nutella, peanut butter, nut muesli bars,) are **NOT SUITABLE** foods for kindy.

### **Food safety**

#### Our preschool:

- ✓ 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
- ✓ Children are seated and supervised at all times when eating.
- ✓ Whenever possible we provide recipes or tastings for families.
- ✓ Birthday cakes are permitted with children only receiving a small portion. Candles are blown out on a pretend cake. Parents **must** consult with staff before the event. Children with allergies may bring an alternative option.

### **Food-related health support planning**

#### Our preschool:

- Liaises with families to ensure suitable food options are available for children with health support plans or cultural beliefs and traditions when cooking
- Implements recommendations from health professionals.

**Resources:** *Right Bite, Healthy Eating Guidelines, Australian Dietary Guidelines for Children*



