

Healthy Food Supply and Nutrition Policy



Our Approach

Rose Park Preschool promotes nutritional eating habits in a safe, supportive environment for all children attending this preschool. We do this in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and also relates to the Department for Education wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in four ways:

1. Short term: Maximises growth, development and 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.
4. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods to help with good speech development.

Therefore:

- Staff at Rose Park 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 fit within the Right Bite Strategy for their children at preschool.

This food policy has been established after consultation with staff and parents and within the preschool community

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 Early Years Learning Framework for Australia where possible, relating to the Developmental learning outcome: "Children have a strong sense of wellbeing" It is also part of the National Quality Standards.
- Implements the Eat a Rainbow program as part of our curriculum

The Learning Environment

Children at our preschool:

- Are encouraged to bring a named water bottle.
- Have fresh, clean, filtered tap water available at all times and are encouraged to drink water regularly through the day. If your child forgets to bring their drink bottle we have bottled spring water available for a \$1 donation to the centre.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our preschool:

- Understands and promotes the importance of breakfast for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Provides rewards/encouragements that are not related to food or drink.

Food Supply

Our preschool has the following guidelines for families for food brought from home:

Morning Fruit Time

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

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

Fresh fruits or vegetables are recommended for fruit time.

Lunch

Parents are encouraged to pack a serve of nutritious food as recommended by the Right Bite Guidelines and summarised below:

- Fresh sandwich with healthy savoury fillings or unsalted crackers
- Rice or Noodles
- Cheese
- Vegetables
- Dried fruit

After children have eaten their sandwich it is acceptable for them to have something from the Amber category such as a sweet biscuit or muffin. Please do not pack chocolate, custards, pre-packaged high sugar bars such as muesli bars, roll ups or packaged chips.

There may be times where due to cooking experiences and celebrations the preschool will provide foods from the Amber or Red section, but these will be limited and children will be educated that these are for a 'special' purpose and is 'sometimes food'.

Please ask staff if you are unsure.

Food Safety

Our preschool:

- Promotes and teaches food safety to children as part of the curriculum.
- Encourages staff to access training as appropriate to the Right Bite Strategy.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.

Working with families, health services & industry

Our Preschool:

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 Right Bite Strategy

References

Right Bite Policy

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/schools/right+bite+healthy+food+and+drink+supply+strategy+for+sa+schools+and+preschools#:~:text=All%20South%20Australian%20government%20school,cannot%20be%20offered%20or%20promoted.>

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