

Salisbury Kindergarten

Healthy Eating and Nutrition Policy

At Salisbury Kindergarten we encourage and support the development of healthy eating practices. Healthy eating has a positive impact on children's growth, weight, development and learning and contributes to preventing lifestyle diseases such as overweight, type 2 diabetes, high blood pressure and dental disease.

Curriculum

Our kindergarten's food and nutrition curriculum

- Is consistent with *'Right Bite Food and Drink Supply Standards to meet the Australian Dietary Guidelines and the new Wellbeing SA nutrition classifications for schools.*
- Includes experiences that provides children with knowledge, skills and attitudes to make positive healthy food choice
- Provides opportunities for children to be involved in food skills such as growing, preparing, cooking and serving food
- Forms part of the Early Years Learning Framework (Outcome 3 – Children have a strong sense of wellbeing) and National Quality Standards (Quality Area 2 – Children's Health and Safety)

The Learning Environment

- Encourages children to eat in a positive social environment with educators modelling healthy eating behaviours
- Includes a fruit and vegetable snack time
- Provides access to clean drinking water at all times
- Provides nutritional information to parents

Food supply

Our kindergarten

- Encourages healthy food and drink choice for children in line with the *Right Bite Supply Standards*
- Ensures healthy food choices are promoted and culturally sensitive and inclusive
- Displays nutritional information about healthy eating
- Ensures healthy food choices for kindergarten experiences, celebrations and community events are in line with the *Right Bight Supply Standards*

Fruit Time

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

- Provide children with important vitamins and minerals
- Encourage a taste for healthy foods

Food safety

Our kindergarten:

- Promotes and encourages correct hand washing procedures with children before eating and cooking
- Provides adequate hand washing facilities for everyone
- Promotes and teaches food safety to children during food learning and cooking experiences

Food related Health Support Planning

Our kindergarten will:

- Liaise with families to ensure suitable food for children with health support plans that are related to conditions and /or cultural beliefs

In order to ensure the safety of children who may have severe allergies to nuts, the following foods are **NOT TO BE SENT TO KINDERGARTEN**

- Nuts of any kind
- Nut spreads including Nutella and Peanut Butter
- Muesli bars with **ANY** nuts
- Packaged foods with “**May contain traces of nuts**” warning

Children's Birthdays

Children's birthdays are celebrated by singing ‘Happy Birthday.’ Each child also receives a special sticker.

Unfortunately, some children have dietary restrictions due to medical, cultural or religious reasons.

Please do not send cakes or other birthday treats to kindergarten.

Working with Families and the Community

Our kindergarten:

Provides information to families and caregivers on healthy eating guidelines via

- Notices
- Policy consultation
- Information on enrolment
- Pamphlets/Displays

The staff and Governing Council thank you for supporting our Healthy Eating and Nutrition Policy.