

Seacliff Community Kindergarten

Healthy Food Supply and Nutrition Policy

Policy Date	Revision No.	Revision Date	Author
10/2020	4	10/2023	Sharon Jaensch

Context

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, 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.
Therefore:
 - If we can promote healthy eating within our community we will have long term health benefits for the children and families/staff at this preschool and children's learning will be enhanced.

This preschool promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the Department's wellbeing strategy.

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

To support children to develop healthy food and Nutrition attitudes and behaviours we will :

Curriculum

- make decisions that are consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- include 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
- include opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrate nutrition across the Early Years Learning framework where ever possible

The Learning environment

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- eat routinely at scheduled break times
- model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods
- provide encouragements that are not related to food or drink
- understand and promotes the importance of breakfast and regular meals for children
- teach the importance of healthy meals and snacks as part of the curriculum
- be a breastfeeding friendly site

Food supply

- encourage healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourage food choices which are representative of the foods of the preschool community
- ensure healthy food choices are promoted and are culturally sensitive and inclusive
- ensure a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- display **nutrition information** and promotional materials about healthy eating
- have the following guidelines for families for **food brought from home** or provided by staff within preschool time:

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Fruit Time:

- Parents and carers are encouraged to supply fruit and vegetables at fruit time to:
provide children with important minerals and vitamins
encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.

Food safety

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

Food-related health support planning

- liaise with families to ensure a suitable food supply for children with health support plans.
- If a child with a serious **food allergy** attends the preschool the Director in consultation with the family and health professionals will complete a health care plan, agreement and risk assessment to determine the appropriate plan for the protection of the child..

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Working with families, health services & industry

- invite parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provide information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays

Director Seacliff Community Kindergarten	Governing Council Representative
Print Name	Print Name
Signature	Signature