



## **Healthy Food Supply and Nutrition Policy**

To be reviewed by: 2018

## Rationale

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 DECS wellbeing strategy.

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:

- staff at this 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 within the preschool community.

## Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the 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 where possible, relating to Outcome 3: Children have a strong sense of wellbeing.

## The Learning environment

Children at our preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, 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:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

## Food supply

Our preschool:

- encourages healthy **food and drink choices** for children in line with the Right Bite strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive

- ensures a healthy food supply for preschool **activities and events** in line with the Right Bite strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by staff within preschool time

#### **Fruit Time:**

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

- o provide children with important minerals and vitamins
- o encourage a taste for healthy foods
- o support children with severe allergies

#### **Food and drinks provided to children:**

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

#### **Food safety**

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff
- supports children in not sharing foods brought to the site from home

#### **Allergies:**

We may have children attending our centre who have been diagnosed with a severe allergy to nuts and eggs. Exposure to nuts, eggs or products containing these foods may cause an anaphylactic reaction for these children. An anaphylactic reaction can be so severe it can cause serious illness within minutes of ingestion or contact.

#### **For 2018, Seaview Downs Kindergarten is a NUT FREE site**

In order to ensure a safe environment for all children we ask that you adhere strictly to the snack policy which states children shall bring **a piece of fruit or vegetable only for snack times**.

\* Please do not send any nuts or products containing nuts to Kindergarten.

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

Our preschool:

- support families and children with health support plans that are related to food issues

#### **Working with families, health services & industry**

Our preschool:

- invites parents and caregivers to be involved in the review of our whole-of-site food and nutrition policy



- provides information to families and caregivers about the Right Bite Strategy through a variety of ways
- promotes the alignment of fundraising with the Right Bite strategy.



Seaview Downs Kindergarten

## RIGHT BITE HEALTHY FOOD GUIDELINES 2017

Healthy, nutritious foods support children's brain function, learning and energy levels.

### Fruit-Time Guidelines

We have a **'fresh fruit and vegetable only'** policy for our morning snack times. Whole fruit or vegetables are preferred.

**\* The fruit/vegetable snack (clearly named) is placed on a tray at the front entrance.**

We appreciate your adherence to this policy as it helps us to ensure a safe environment for children with severe allergies and also supports our health education program.

### Lunch Guidelines

- ❖ Children staying all day will need a healthy packed lunch e.g. a wholegrain bread sandwich or wrap with meat/cheese/salad fillings or a salad including these foods.
- ❖ **Upon arrival at Kindergarten, lunches are to be placed in the container provided at the entrance.**
- ❖ We recommend you use an insulated lunch bag and place a freezer block in it to keep your child's lunch cool.
- ❖ Food items requiring refrigeration are not appropriate to send to Kindergarten
- ❖ Food items requiring heating are not appropriate to send to Kindergarten
- ❖ Many children will need more than just a sandwich. Additional nutritious options include: an extra sandwich, cheese, carrot or celery sticks, cucumber or capsicum slices, additional fruit.

Please **avoid** providing the following foods:

- ❖ Highly processed foods
- ❖ Foods high in sugar, salt and additives e.g. chips, chocolate
- ❖ Foods your child is not yet able to manage independently
- ❖ Foods which your child can not easily manage without spillage or mess
- ❖ Foods which are packaged in non-recyclable wrappers

Please **do not send**:

- ❖ Foods which contain **nuts or nut products** e.g. peanut butter or 'Nutella'

Please provide foods and lunch boxes that children can manage independently. Can your child open his/her lunch box or manage any wrappings? Practising these skills at home will support children's growing confidence in their abilities.

Our curriculum includes exploration about sustainable practices, including learning about reducing waste. We urge you to support this important program by avoiding providing food in non-recyclable packaging.

Involving your child in the selection and preparation of their food can be a great strategy to increase their willingness to eat the provided options. Growing your own produce is even better!



### Drinks

- ❖ Children drink water only while at Kindergarten.
- ❖ Please send a named water bottle and ensure your child puts it in an esky on the back verandah. We ask you not to send juice or cordial in your child's drink bottle.
- ❖ Purified water is always available to refill children's water bottles.

For more information, go to the Right Bite website: [www.decd.sa.gov/rightbite](http://www.decd.sa.gov/rightbite)  
Thank you for your support in adhering to these guidelines ☺