

Sir Thomas Playford Kindergarten

Healthy food supply and nutrition

Link to National Quality Standards

2.1 Each child's health is promoted

2.1.1 Each child's health needs are supported.

2.2 Healthy eating and physical activity are embedded in the program for children.

2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate.

Director Responsibilities

The director will ensure that:

- all parents will receive a copy of this policy and that the policy is accessible to parents in the centre.

Staff Responsibilities

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 these ways:

- Short term: maximises growth, development and activity whilst minimising illness.
- Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes.
- Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.
- Include opportunities for children to develop practical food skills like preparing and cooking healthy food.
- Integrate nutrition across the curriculum where possible.
- Is part of the Early Years Learning Framework and NQS
- Encourage children to bring their own named drink bottle.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Promote and teaches food safety to children during food learning/cooking activities.
- Encourage staff to access training as appropriate to the *Healthy Eating Guidelines*
- Provides and encourages correct hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children. Washing their hands before and after food.
- Provide a trolley for children's drink bottles.

Parent's Responsibilities

On enrolment of their child, parents will be asked to meet the following requirements:

- Become familiar with this policy.
- To provide a drink bottle clearly named with water. Others liquids can be negotiated with staff if there is a legitimate reason.
- Parents and caregivers are asked to supply fruit and vegetables at fruit time. Fresh fruits, vegetables, slice of cheese and yoghurts are recommended for fruit time.
- For lunch time to provide sufficient food i.e. sandwich and a snack.

Here are some suggestions of what you can bring for lunch time:

- Crisp breads
- Raisin bread
- Rice cakes/corn cakes/rice wheels
- Plain custard
- Fruit salad
- Packs of dried fruit
- Veggie sticks e.g. carrot, celery
- Yoghurt
- Cheese/cheese sticks
- Sandwiches with various meat and savoury fillings
- Pop corn (not sugared or coloured)
- Cold meats i.e. ham/fritz/kabana/salami
- Pureed fruit

Review and Evaluation

Evaluation of the effectiveness of this policy and associated procedures will occur through analysis of accident and incident reports, staff meetings, during annual hazard checks and annual review of the policy.

Signed: _____ Governing Council Chairperson

Signed: _____ Director

Date:

Policy Review Date: _____