



# Brinkworth Preschool

## Healthy Food Supply and Nutrition Policy



At Brinkworth Preschool we place great importance on children's health and wellbeing. In doing so we aim to promote, encourage and develop healthy eating habits. The purpose of this policy is to ensure that all children and adults are aware of the recommendations and expectations around eating and drinking at our centre.

This policy complies with the **Rite Bite** strategy which aims to educate children about healthy eating. Right Bite uses a coloured spectrum of **GREEN**, **AMBER** & **RED** to classify food and drinks according to their nutritional value.

### **GREEN - choose plenty**

**Bread and cereal:** sandwiches and rolls (white, wholemeal, multigrain etc); pita, flat, lavash, foccacia, bread sticks ( a variety of bread from different cultures and different shapes); fruit & savoury muffins; fruit loaf (no icing); scones; rice cakes, crispbreads, saladas, sayos (low salt); rice; pasta; weetbix with savoury spread; plain popcorn, pikelets and homemade pizza.

**Fruit:** fresh, dried, packaged or tinned (in water or natural juice)

**Vegetables & Legumes:** fresh, frozen, tinned, vegetable sticks (raw or cooked); salad; soups; baked beans; 3 bean mix; dried beans, chickpeas and lentils.

**Dairy food -** yoghurt (fresh/frozen); fruche; cheese (hard, yellow and soft white varieties); cheese dips. (Reduced fat for children over 2 years)

**Lean meat, poultry, fish and eggs -** cold meat, meatballs and rissoles, chicken, tinned fish (tuna/ salmon), fresh fish, eggs (hard boiled, omelettes).

**Drinks:** Water

### **AMBER - select carefully**

**Full fat dairy foods:** Milk, yoghurt, custard and cheese

**Savoury commercial products:** savoury pastries, noodles, spring rolls, sausage, ready to eat meals

**Processed Meats:** small amounts only of fritz, ham, salami, bacon, chicken roll, corned beef

**Margarine, mayonnaise and oil:** use sparingly (make sure you can see the bread through the spread!)

**Spreads:** Use sparingly and choose reduced salt options. Eg peanut butter, vegemite

**Sauces and gravy:** Use sparingly and choose reduced salt options. Eg tomato sauce, sweet chilli sauce

**Snack food bars:** Choose options > 600kj, >3g saturated fat, <1.0 g fibre per serve. Eg breakfast bars, cereal and fruit bars

**Savoury snack food and biscuits:** Choose options > 600 kj, >3g saturated fat, > 200mg sodium per serve.

**Cakes, muffins and sweet biscuits:** in home cooking aim to use less fat and sugar. In store bought products choose options > 900kj, >3g saturated fat, <1.5g fibre per serve.

**Ice creams, milk based confections and dairy desserts:** choose small serves not coated in chocolate. Choose options > 600kj, >3g saturated fat

### **RED- occasional foods, not appropriate for kindy**

**Drinks:** Soft drinks, energy drinks, sports drinks, flavoured mineral water, fruit drinks less than 99% fruit juice

**Confectionary:** All types

**Drinks containing caffeine or guarana:** All types

**Icy poles and ice crushes:** less than 99% fruit juice and only 250ml or less

**Artificially sweetened food or drink:** All types

Iceblocks, fruit based ice confections, slushies: Choose options with 99% fruit juice, 250 ml or less

Drinks: Choose options of fruit juice 99% juice, 250 ml or less.

Breakfast Cereals: Avoid those with high levels of added sugar.

Children bring a named bottle of water for drinking during the day. Water is the recommended beverage for daily consumption at our centre.

### **Food Storage and Supply Considerations**

Plastic storage containers are provided inside kindy room for children's lunch boxes. Children are able to use the fridge in kitchen to store lunchboxes if cooling is needed, however parents need to be aware that the temperature of the fridge is not controlled or monitored.

Please be aware that we are not able to heat up food sent from home for food safety reasons.

### **Preschool staff responsibilities**

Be informed of children with special dietary requirements.

Discuss healthy eating with children as part of the curriculum.

Include 'healthy food' reminders in newsletters on a regular basis.

Model appropriate eating/drinking routines.

Provide refrigerator space for children's lunches.

Remind children to wash their hands before eating and preparing food.

Encourage children to get their own snacks and lunches from the containers and sit at a table at lunch time.

Provide a clean area for children to eat their food.

During lunch time children are seated together with an adult. Children are encouraged to eat their savoury food first followed by the other food in their lunch box.

### **Parent / Caregivers responsibilities**

Inform staff of any food allergies or special food requirements, complete appropriate paper work and provide health plans where necessary.

Provide healthy, ample snacks and lunches. It is always better to send too much food, than not enough.

We encourage parents to select foods from the **Green** category where possible. Please have child's name clearly marked on lunch box and ensure that lids and latches are easily managed by the child to promote independence.

Date: 2/3/2017

Review Dates: Biennially in March

Signed:

Chairperson – Governing Council \_\_\_\_\_

Director- \_\_\_\_\_

Date- \_\_\_\_\_