



## Lyndoch Valley Family Centre Healthy Food Supply and Nutrition Policy

### Policy Statement

This Centre 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 DECD 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 Centre 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 Centre community.

### Curriculum

Our Centre's food and nutrition curriculum:

- Includes activities that provide children with the knowledge, attitude 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 *The Early Years Learning Framework* where possible, particular Outcome 3: Children have a strong sense of wellbeing.

### The Learning Environment

Children at our centre:

- Have fresh, clean "pura-tap" water available at all times and are encouraged to drink water regularly through the day. Children are also encouraged to bring their own drink bottle that contains water.
- Will generally eat at times ( "rolling" morning snack and lunch time). During the afternoon they are able to eat, if they want to, at any time.
- Be given the opportunity to learn about and experience growing, harvesting and preparing nutritious foods.

Our centre:

- 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 centre:

- Snacks and lunch are provided by the parents and sent with children on the days that they attend. Children put their lunch box in the fridge.
- Encourages healthy food and drink choices for children.
- Encourages food choices which are representative of the foods in 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. Displays nutritional information and promotional materials about healthy eating.

Has the following guidelines for food brought from home or provided by staff within preschool time:

### Snack times

Parents and carers are strongly encouraged to supply fruit and vegetables to:

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

If fruit/vegetables are not possible then a healthy alternative that is low in fat and sugar is recommended.

### Foods and drinks provided to children:

- Parents and carers are encouraged to provide healthy food and drink choices.
- Staff will ensure that food provided to children by the preschool is healthy. Foods that might be served at a special event, such as those with a higher sugar or fat content, will only be offered a maximum of once per term.

### Please do not send along:

NUTS AND FOODS THAT CONTAIN NUTS AS THESE CAN CAUSE HIGHLY ALLERGIC REACTIONS IN SOME CHILDREN So, *nuts, peanut paste, Nutella or bars containing nuts are not to be brought into the Centre.*

POPCORN AS IT CAN BE A CHOKING HAZARD

**Birthdays-** Children's birthdays are celebrated with a song, pretend cake and sticker. Please do not send birthday cakes or other food treats along, however some other ideas to share (if you wish) are balloons, bubbles, party blowers, pencils, stickers etc.

## Food safety

Our centre:

- Promotes and teaches food safety to children as part of the curriculum.
- Encourages staff to access training as appropriate.
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff
- We are unable to re-heat foods/bottles due to Food Safety Standards.

**Food-related health support planning**

Our centre:

-liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

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

Our centre:

- Invites parents and caregivers to be involved in the review of our site food and nutrition policy
- Provides information to families and caregivers about food and nutrition through a variety of ways including:
  1. Newsletters
  2. Policy development/review
  3. Information on enrolment
  4. Pamphlet/poster displays
- Promotes the alignment of fundraising with this policy.
- **A copy of this policy will be on display in the centre at all times, and will apply to volunteers and visitors also.**

**\* Concluding Statement**

\* This policy has been developed by the Governing Council in consultation with staff members of the centre.

\* This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance for the centre.

**Signed by Director.....(date).....**

**Signed by Chairperson..... (date).....**

**Next review date : Sept 2018.**

