

North Haven Kindergarten Nutrition, Food, Beverages and Dietary Requirements Policy



The North Haven Kindergarten staff team promote safe healthy eating habits in line with the *Right Bite* "Healthy food and Drink Supply Strategy for South Australian School and Preschools" and relates to the Department for Education and Child Development wellbeing strategy.

We believe that Early Childhood is an important time for establishing lifelong, healthy eating habits which will benefit the children both in the short term and the long term. Healthy eating maximises growth, development and activity whilst minimizing illness.

The Learning Environment and Curriculum

Children at our kindergarten have clean, filtered water available to them at all times and are encouraged to drink water regularly throughout the day. Children are also encouraged to bring their own named drink bottle filled with water.

Children are also encouraged to choose healthy food options in positive ways, including observing the staff modelling healthy eating behaviours.

The children are encouraged to try different foods, including favourites from different cultures.

We use the language of 'sometimes' and 'everyday' food as part of our learning and reinforce the importance of achieving a balanced diet.

Parental Consultation

The kindergarten also liaises with parents and caregivers to encourage parents to provide healthy food choices for their children's snacks and lunches which reinforce the kindergarten's policy in conjunction with the *Right Bite* strategy and the Australian Dietary Guidelines for children and adolescents which emphasise there is a need to:

- Enjoy a wide variety of nutritious foods.
- Eat plenty of breads, cereals, vegetables and fruits.
- Include dairy products such as milk, cheese and yoghurt.
- Eat foods that are low in saturated fat.
- Balance food intake with physical activity.
- Eat only moderate amounts of sugars and foods containing added sugars.
- Choose low salt foods and use salt sparingly.

Staff will aim to encourage children to practice independence with eating tasks such as eating/peeling whole fruit or opening containers. Children are taught to sort their scraps for the compost bin, recycling and landfill. We encourage nude food.

Food Safety

Our kindergarten promotes and teaches food safety to children during cooking activities. Our kindergarten provides adequate hand washing facilities for both teachers and students. The staff team also promote and teach correct hand washing procedures prior to the children eating their snacks or lunches.

The kindergarten provides suitable storage facilities for the children's lunches and snacks and ensures they remain cool in all weather conditions.

Food Allergies

The kindergarten ensures any child with a food allergy is identified and that relief staff are also made aware of children's allergies. With parental permission we have displayed photos and written information in the kitchen area. When children attending the kindergarten have severe life threatening allergies to particular foods the staff will inform the community and make available storage for any medications which may need to be administered by the staff. Copies of children's health care plans provided by their doctor are also displayed in the kitchen area with parental permission and all staff who work in the Kindergarten are made aware of these plans. The staff team have up to date first aid training which meets the National Quality Standards requirements and includes Anaphylaxis training.

We aim to ensure that our centre is nut free and whole egg free by strongly reinforcing to parents that these foods can cause anaphylactic reactions for some children in our care. This is also applicable to birthday celebrations and community events.

To assist parents' awareness of their child's food intake, when requested, buy monitoring food eaten during a kindy session and encourage children to place all scraps in their lunchbox.

Date Ratified by Governing Council:	11 September 2017	Date to be Reviewed:	17 October 2018
--	-------------------	----------------------	-----------------