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“Play Is Our Work”

**Nutrition Policy**

**Rationale**

We believe that early childhood is an important time for establishing lifelong, healthy eating habits which benefit the children by maximizing growth, development, activity levels and good health, minimizing the risk of diet related diseases later in life and contributing to the good health and wellbeing vital for positive engagement in learning activities.

**Strategies, Practices and Procedures**

**CURRICULUM**

*Jamestown Community Children’s Centre’s food and nutrition curriculum:*

- 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, including preparing and cooking and tasting healthy food

**THE LEARNING ENVIRONMENT**

*Children at Jamestown Community Children’s Centre:*

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day

- Eat routinely at scheduled break times but are also able to eat when hungry, provide safety (sitting down to eat) and hygiene practices (washing hands and cleaning tables) are observed

- Eat in a positive social environment in which educators promote healthy eating

*Jamestown Community Children’s Centre:*

- Does not use food and drink for rewards or motivation

- Understands and promotes the importance of breakfast and healthy meals for children

- Is a breastfeeding-friendly site

**FOOD SUPPLY**

*Jamestown Community Children’s Centre:*

- Encourages families to choose foods consistent with the *Australian Guide to Healthy Eating and Dietary Guidelines for Australian Children and Adolescents* (www.eatforhealth.gov.au)

- Is culturally sensitive and inclusive when discussing foods in the curriculum / foods brought from home

- Ensures healthy foods are available during centre activities and events

- Makes information about healthy eating available to families

- Has the following guidelines for foods brought from home for meals and snacks:

MORNING TEA: As a guide, fresh fruit is the first option, other healthy options include dried fruit, crackers, cheese, tinned tuna, raw vegetables or a combination of these foods should be provided.

LUNCH BOXES: Healthy foods should make up the major part of the contents of the lunch box.

DRINKS: Drink containers should be filled with water only.

BOTTLES: Breast milk, boiled water or formula should be provided daily in named, sterilized bottles.

INAPPROPRIATE FOODS FOR PRESCHOOL AND CHILDCARE:

Choking hazards: popcorn or similar and nuts

Common allergens: nuts, peanut butter, nutella, food products containing nuts

High-sugar foods: fruit juice, cordial, flavoured milk, chocolate (including chocolate coated foods), chips, lollies, processed fruit snacks with added sugar.

Caregivers are asked not to send the above foods to preschool or child care.

NB: Cakes, muffins and biscuits are acceptable if they do not make up the major part of the child’s lunch box.

**FOOD SAFETY**

*Jamestown Community Children’s Centre:*

- Promotes and teaches food safety as part of the curriculum, specifically:

o Handwashing

o Remaining seated while eating

o Eating only food from their own lunch box or food prepared at the centre

- Offers educators safe food handling training

- Teaches correct hand washing procedures

- Minimises choking risks by ensuring high-risk foods such as apple, carrot and whole grapes are sliced appropriately for the age of the child

-food will not be re-heated

-bread will be kept in the freezer to use for toast for children who have nothing left in their lunch box

**FOOD-RELATED HEALTH SUPPORT PLANNING (INCLUDING FOOD ALLERGIES)**

*Jamestown Community Children’s Centre:*

- Works with families to ensure suitable foods and eating arrangements are available for children with food-related health issues

- Requests a current health care plan for any child who has been diagnosed with a food allergy

- Informs the centre community when a child attending the centre has been diagnosed with a severe allergic reaction to a particular food:

*When a child with a severe food allergy is enrolled at the centre, a plan specific to the child’s needs will be developed and communicated to educators and the centre community and implemented for the duration of the child’s enrolment.*

**Policy Created 2015 Reviewed** Term 3, 2019

**Review Date** Term 3, 2021

**Approval signatures**

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Governing Council Chairperson Director