

Healthy eating policy

Trinity Gardens Children's Centre enforces a healthy eating policy. We believe that it is important to teach children about and encourage them to eat healthy food. Research shows that eating healthy food helps children to maintain attention and concentration supporting their learning.

Trinity Gardens Children's 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 Australian Early Years Learning Framework and DECS wellbeing strategy.

Included in this policy is a requirement that all food brought kindly **does not contain nuts**. At times, there are children enrolled who have an anaphylactic allergy to nuts in particular. This means that there can be serious and even fatal consequences for these children if they come into contact with these ingredients. Parents are asked to provide lunchbox foods that do not contain nuts. This includes peanut butter and Nutella in sandwiches, peanuts (or any other nuts as snacks). Products containing "traces of nuts" which are found on most packaged foods are generally fine unless there is a child with specific allergy to traces as well. In this case, notes will be sent out to parents reminding them of the more stringent requirements.

Generally, the less packaging in a lunch box the healthier it is for children.

Examples of lunch box ideas include:

- ✓ Sandwiches (cheese, meat, salad, vegemite, avocado)
- ✓ Salads with carrot, cucumber sticks
- ✓ Cheese, unsalted crackers, crisp breads
- ✓ Sushi, cold rolls, rice & pasta dishes
- ✓ Vegetables
- ✓ Individual tinned tuna
- ✓ Yoghurt
- ✓ Savoury muffins

Parents are asked to provide individual ice packs for their child's lunch boxes.

Parents need to ensure that all lunch boxes, containers and drink bottles are clearly named.

Curriculum

Our Children's Centre program's food and nutrition curriculum:

- ✓ is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- ✓ 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 like preparing and cooking healthy food
- ✓ integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the developmental learning outcome: "Children have a strong senses of wellbeing."
- ✓ 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

The Learning Environment

Children at our Centre:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- are encouraged to bring their own labelled drink bottle
- eat in a positive, social environment with staff who model healthy eating behaviours

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