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Torrensville Preschool Centre Nutrition Policy



*This is a policy in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools *incorporating the Eat Well SA DECD Healthy Eating Guidelines (2004).**

www.decd.sa.gov.au/eatwellsa

Rationale

This preschool 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 DECS 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.
 - Staff at this preschool 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 in preschool.

This food policy has been established after consultation with the staff and parents within the preschool community.

Nutrition Policy

Families are encouraged to provide their child with:

- water
- food from the green category of Right Bite for fruit and lunch times. They may include an item from the orange range at lunchtime.

The staff will encourage your child to:

- drink water regularly through the day and will provide clean pura tap water at all times
- eat at the scheduled breaks times in a positive, social environment. Timing can be flexible to meet child/ren's hunger needs.

- participate in 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 and use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods as a part of the ongoing curriculum (EYLF – Outcome3)

Our preschool:

- is a nut aware site and requests no foods with nuts or traces of nuts be brought into the centre.
- All children's specific health requirements are considered in cooking and shared food activities.
- Ensure that healthy food and drink choices are promoted and are inclusive of families cultural and religious observances.
- provides rewards/encouragements that are not related to food or drink
- Birthdays are celebrated using a pretend cake with candles and by giving the child a Happy Birthday or age sticker. No food is involved in these celebrations.
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

Food safety

Our preschool:

- promotes and teaches food safety and safe eating practices to children as part of the curriculum
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.

Food- related health support planning

Our preschool:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy and development/review
 - o information on enrolment
 - o pamphlet/poster displays

This is the link to Right Bite website:

www.decd.sa.gov.au/a8_publish/modules/publish/contents.asp