

SOMERTON PARK KINDERGARTEN
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Healthy Food Supply and Nutrition Policy

Staff at this preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. 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 and activity whilst minimising illness
2. Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This food policy has been established after consultation with staff, parents, the 'Eat well Be active' /OPAL co-ordinator and a dietician from Noarlunga health services.

Curriculum

Our preschool's food and nutrition curriculum:

Is consistent with the *Australian 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 curriculum where possible.

Is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at our preschool:

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 named drink bottle,

Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our preschool:

Understands and promotes the importance of breakfast for children

Teaches the importance of healthy meals and snacks as part of the curriculum

Is a breastfeeding friendly site

Food supply

Our preschool:

Has the following guidelines for families for food brought from home:

1. FRUIT TIME (CHILDREN ATTENDING PRESCHOOL):

Parents and carers are asked to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development

Fresh fruits, vegetables or a slice of cheese are recommended for fruit time

We understand that at times families may run out of fruit. A healthy sandwich (multigrain or wholemeal bread) with savoury filling or plain unsalted crackers (e.g Vitawheat) are most acceptable.

FOODS UNSUITABLE FOR FRUIT TIME: include packaged foods, cakes, sweets. ALL NUT PRODUCTS.

Cordials and sweetened fruit juices are not recommended.

2. LUNCHTIME:

- The Healthy eating guidelines will still be in place.
- Parents are encouraged to follow the above guidelines, and ask staff if they have any issues.
- A healthy lunch box might include a sandwich, fruit, yogurt, veggie sticks etc.
- Please do not include chocolate, muesli bars, roll ups etc.

Please ask staff if you are unsure.

Our Kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.

We will Display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Our preschool:

Promotes and teaches food safety to children during food learning/ cooking activities.

Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*

Provides adequate hand washing facilities for everyone

Promotes and encourages correct hand washing procedures with children.

We provide regular cooking opportunities as part of our kindergarten program. Whenever possible we provide recipes or tastings for families.

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

Working with families, health services & industry

Our preschool:

- Has Invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- Invites health professionals to be involved in food and nutrition activities with the children
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:

- Newsletters
- Policy development/review
- Information on enrolment
- Pamphlet/Poster displays

- Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*.

Date Approved: October 2018

Date Reviewed: October 2021

Date Review Due: October 2024

Director:



Governing Council:



