

## Healthy Food Supply and Nutrition Policy

### **Rationale:**

St Philip's Preschool Kindergarten promotes safe, healthy eating habits in line with the Dietary Guidelines for Children and Adolescents in Australia (National Health and Medical Research Council, 2003) and the Right Bite Healthy Food and Drink Supply Strategy for South Australian Preschools. It relates to the Australia Early Years Learning Framework and Department for Education Wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in four 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.
4. Speech Pathologists recommend that children should be eating crunchy foods.

Therefore:

- Staff at this preschool model and encourage healthy eating behaviours
- Food and drink are consumed in a safe supportive environment for all children
- Parents and caregivers are asked to supply healthy foods that fit within the Healthy Food Supply and Nutrition Policy for their children at preschool.

This food policy has been established after consultation with the Governing Council as representatives of the parents within the preschool community, to provide children with food and drink that is safe for those children with severe allergies.

### **Curriculum**

Our preschool's food and nutrition curriculum:

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia (NHMRC, 2003) and the Right Bite Healthy Food and Drink Supply Strategy for SA Preschools.
- 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 sense of wellbeing'.
- The preschool through the Governing Council employs 2 Early Childhood Workers, to ensure children are taught about food and nutrition in the curriculum, and lunchtime is promoted in a positive, relaxed, social eating environment, and self-help skills are promoted.
- Food experiences are celebrated in conversations throughout the curriculum.

## The Learning environment

Children at our preschool:

- Have access to fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
- Are asked to bring their own labelled drink bottle.
- Will eat routinely at scheduled break times.
- Eat in a positive, social environment with staff that model healthy eating behaviours.
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

## Food Supply

**We ask that you do not pack:**

- **Nuts** or nut products including peanut butter and Nutella
- **Eggs**

Please ask staff if you are unsure.

## Food Safety

Our Preschool:

- Promotes and teaches food safety to children during food learning/cooking activities
- Encourages staff to access training as appropriate to healthy eating guidelines
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.

## Guidelines for Children with specific Dietary Requirements:

This food policy provides for special diet needs as per children's individual health plans.

*This Policy will be shared with all new staff and families, and available to view in the Preschool Policies Booklet and on the Preschool Website.*

*Enrolled families will be asked to confirm they have read and understand this Policy by signing the Information & Consents Form at the time of enrolment.*

**Review Date: March 2021**

Revision Dates: March 2018, March 2017, March 2016

**Endorsed and Ratified by:**

Director: *Maggie Slattery*

Governing Council: *Natalie Worthington-Eyre*