

Allergy Aware

“we endeavour to be nut free”

As a health and safety conscious kindergarten, with duty of care to all, we ask that no nuts or item containing nuts (incl. muesli bars, Nutella spread etc.) be brought to kindy as a snack or lunch item. These will be returned in the lunch box to be eaten at home.

Even minute quantities can be life threatening for allergic, anaphylactic children and adults.

PLEASE inform staff if your child has a food or other allergy. This will help us to plan cooking activities as well as to take care of your child's health.

While protecting confidentiality, families will be informed through the newsletter /signage if a medically advised health care plan of a child or adult with anaphylaxis is engaged. This may mean some modification to practices within the centre need to be made. For example this may include excluding eggs from the centre (including lunches), excluding egg cartons from the making box, excluding cream of tartar from play dough recipes etc. depending on the trigger for the anaphylaxis. We are responsible for the safety of all.

Independent eating

Children are encouraged to practice independence with eating tasks e.g. Peeling/ eating whole fruit, or opening a lunchbox. Children are taught to sort their scraps for the compost bin or rubbish bin, although we do encourage zero waste.

We encourage the use of bees wax wraps and reusable containers. Unprocessed foods without commercial wrapping support your child's optimal health & the environment too.

At Home-healthy eating tips

Lead by example – model healthy eating.

Offer a wide range of fruit and vegetables and allow choice. A new food may need to be tasted many times before it becomes accepted. Praise confidence in having a try.

Encourage healthy eating and discuss healthy food choices when shopping, at the dinner table, watching TV commercials etc.

Avoid using food as a reward e.g. for desired behaviour or coming to kindy.

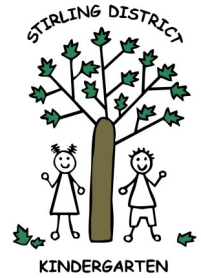
Avoid rewarding children for eating a disliked food.

Allow children to eat to their appetite. Remove uneaten food without comment.

Keep to structured meal time routines.

Emphasise being healthy and energetic rather than 'slim' or 'fat'. Body image issues can start early in both girls and boys.

Stirling District Kindergarten



Healthy Eating Policy

OUR AIM

Our Kindergarten believes that healthy eating is fundamental to good health throughout life for all people.

In the short term healthy eating maximizes growth, development and activity-both physical and cognitive, while minimizing sickness.

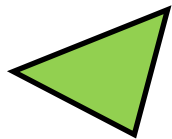
In the long term, healthy eating minimizes the risk of diseases and health problems later in life such as heart disease, stroke, diabetes, some cancers, obesity and osteoarthritis.

The Department for Education Right Bite policy has helped South Australian schools and preschools since 2008 to select healthy food and drinks. Right Bite and Healthy Eating Guidelines are based on the Commonwealth Dietary Guidelines for Children and Adolescents and the Australian Guide to Healthy Eating

Our Kindergarten will therefore encourage healthy eating habits in our preschool children. However, there will be occasions when we enjoy special celebrations together with 'sometimes' foods.

We are a breastfeeding friendly site

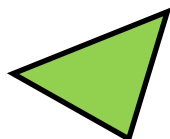
Staff...



will follow DfE RIGHT BITE healthy eating guidelines. Right Bite Easy Guide and Right Bite Food Spectrum provide a summary of the Right Bite policy using a coloured spectrum of GREEN, AMBER and RED to classify food and drinks into “every day”, “moderate consumption advised” and “sometimes” foods. Staff

- ☐ Promote safe, supportive, and eco-friendly eating practices
- ☐ Update their First Aid /Asthma/Epipen skills as required
- ☐ Promote the social and cultural aspects of eating food
- ☐ Encourage the drinking of water only. Kindy tap water is filtered
- ☐ Attend training on healthy eating as required
- ☐ Teach, Promote & Model knowledge, attitudes and skills for good nutrition through healthy food growing, preparation, cooking and eating choices at kindy
- ☐ List any food allergies of children in the first aid folder and kitchen, and consult before providing any cooking/eating experience. Endeavour to make these experiences inclusive of all children
- ☐ Provide information to families and caregivers about the *Right Bite Strategy* through a variety of ways including: newsletters, policy review, information on enrolment, pamphlet/poster displays
- ☐ Promote the alignment of fundraising with the *Right Bite strategy*

Parents...



In support of Department policy, parents are asked to

- ☐ please send healthy snacks and a water bottle for their child/ren each day. No juice or sticky fruit straps please. Some healthy snack ideas are: whole or cut up fresh fruit, fresh or cooked vegetables (e.g. tomatoes, capsicum, cucumber, snow peas), dried fruit or cheese. They provide children with important fibre, minerals and vitamins & encourage a taste for healthy foods. Please consider choking hazards when choosing and cutting food.
- ☐ Send healthy lunches to kindergarten E.g. sandwich on whole-meal or grainy bread, sushi, chicken, tuna, wholegrain rice or pasta, salad, wraps, dinner leftovers, fruit/vegetables or yoghurt. Some lunch boxes are very large and should not necessarily be filled! A regular ‘dessert’ or ‘treat’ may stop being a ‘sometimes food’ and become an expectation. potentially developing unhealthy eating habits in the future. Packaged foods in particular are full of empty calories & these sugar filled, fat filled, high salt, preservative and additive filled foods are really not necessary (or beneficial to children’s health) if children have eaten a sufficient portion of healthy lunch.
- ☐ *Support the promotion of drinking water only, even at lunch time. No Juice or Milk drinks please.*
- ☐ *A named ice pack in the lunch box will help keep food fresh.*

We do not reheat food.

- ☐ Please support our healthy eating policy by being positive about it at home. Thank you.



Did you know?

- Australia has the highest number of food advertisements per hour during children’s TV viewing time in the world.

80% of these ‘pester power’ ads are for ‘junk food’.

- Some of the most common food choking hazards for young children are whole grapes and popcorn. Carrots are best cut into ‘sticks’ rather than ‘rounds.’
- Children are more likely to eat healthy food they have helped grow and /or prepare.

Speak to staff, your GP or Child and Family Health Service nurse if healthy eating for your child is a concern . They may be able to help!

<https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers>

<https://healthy-kids.com.au/school-canteens/canteen-guidelines/sa-right-bite/>

<https://healthy-kids.com.au/kids/high-school-2/skipping-breakfast/>