



## *STREAKY BAY CHILDREN'S CENTRE*

# **NUTRITION, FOOD, BEVERAGES and DIETARY REQUIREMENTS POLICY**

### **Rationale:**

*At the Streaky Bay Children's Centre, we promote positive attitudes to the development of personal health. As educators we model and develop an understanding of sound nutrition and health practices. Children will indicate this knowledge by demonstrating knowledge of different foods and the link between food and health.*

*Snack time and lunch time are part of the everyday learning program at Streaky Bay Children's Centre. To support this, we ask families to send nutritious snacks to the Centre for the following reasons:*

- Research informs us that for the long-term health and wellbeing of children, it is vital that they eat healthy food from birth.
- To provide children with important vitamins and minerals.
- To encourage a taste for healthy foods and promote healthy eating habits.
- To avoid children pressuring parents and carers to buy and provide other less healthy foods they may see other children having!

### **Guidelines for families for food brought from home:**

- Parents are asked to send only healthy and nutritious snacks and lunches to the Centre, preferably as fresh and natural as possible. Suggested foods from the GREEN category are breads and cereals, fruit and vegetables, dairy foods and lean meats.
- Parents are asked to send snacks from the AMBER category sparingly, perhaps no more than 2 items per day such as savoury biscuits, muffins and processed packet snack foods.
- We ask parents to avoid sending food and drinks from the RED category, such as lollies, cakes, chocolates, chips and cordials.
- In response to a specific food allergy staff will implement restrictions and inform all families.
- Parents are asked to send a named water bottle with their child.
- Staff will monitor the food children are eating and will discuss with parent's alternatives that can be sent when children are eating unhealthy food or require more food throughout the day.

### **The learning environment/food safety:**

- Drinking water will always be available and accessible to children.
- Children are expected to wash their hands prior to eating and snacks and lunch are to be eaten in a designated area.
- Eating together at snack and lunch time will be encouraged as a social activity.
- The importance of eating nutritious food and food safety will be discussed with the children during snack time and cooking experiences, as appropriate.
- Children's lunches will be placed in the refrigerator ensuring safe storage of foods that require being kept in a cooled environment.
- The centre promotes growing, harvesting and cooking healthy foods in our centre vegetable garden.
- We will display nutrition information and promotional materials about healthy eating and provide educational resources for the children to use about healthy eating.

### **Food-related Health support planning:**

- Where children are on a special diet or have allergies the parents must notify centre staff and provide relevant information at the time of enrolment.
- Staff will liaise with families to ensure suitable food for children with health support plans and specific dietary requirements.
- Staff will be responsive to specific food requirements to ensure inclusivity of all children.

### **Working with families, Health services and industry:**

- Information regarding healthy food choices will be made available to parents on enrolment, through centre newsletters and the parent library.
- Parents and caregivers have been involved in the review of our whole of site food and nutrition policy
- Invite health professionals to provide information to families.
- The Streaky Bay Children's Centre adhere to healthy eating guidelines provided by DECD, where foods that do not comply with the *Dietary guidelines for children and adolescents in Australia* are supplied at special events at the centre no more than twice per term.
- Streaky bay Children's Centre is a breastfeeding friendly environment.

This policy has been developed in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools* incorporating the *Eat Well SA DECS Healthy Eating Guidelines (2004)*

**Establishing Healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life with health, social and financial benefits to individuals, families and society.**