

Food and Drink Policy

Surrey Downs Kindergarten & Occasional Care

Surrey Downs Kindergarten recognises the importance of promoting, encouraging and developing life-long healthy eating habits. We believe that if children are introduced to these at an early age then there is a greater chance that they will continue to make healthy choices throughout life.

We also value independence, self-reliance, personal choices, decision making and hygiene. Children are supported to take responsibility for their snack/lunch boxes and disposal of their food scraps, recyclable items and rubbish.

These guidelines have been developed to ensure that all children and adults are aware of the expectations about snack and lunch sessions at our Centre, which have been based on the **“Right Bite Food Supply and Nutrition Policy”**.

We ask that parents only pack fruit and/or vegetables for snack time and note that the children eat their morning snack after a supervised hand washing routine.

Pre-school staff and helper responsibilities:

- Encourage healthy eating and healthy drink choices and teach the importance of these as part of the curriculum. Include 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.
 - display posters, provide pamphlets and include “healthy food” reminders in newsletters on a regular basis.
 - provide Healthy Snack Ideas and the Food & Drink Spectrum to all families on enrolment and have Healthy Snack/ Lunch suggestions available in the parent information area.
 - provide opportunities for children to prepare, cook and taste healthy food.
- Provide refrigerator space for children’s lunches, if not already in a cold pack.
- Provide a clean area for children to eat their snacks/lunch.
- Provide adequate hand washing facilities and remind children to wash their hands before preparing and eating food.
- Model Healthy Eating behaviors, and explain to children that they should only eat what has been packed in their lunchbox i.e. lunch and snack time is for children and staff to enjoy their **own** healthy lunch/snack.
- Encourage children to drink water throughout the day, monitor the amount of water left in children’s water bottles and refill as required.

Parent/care provider responsibilities:

- Send a clearly name labelled lunch box containing healthy food, without *sometimes* food treats such as chocolate, lollies, roll-ups, chips, food with high sugar content etc. Please send a separate labelled snack box of fruit or vegetables only.
- Birthdays - in line with our healthy food policy we request that if you wish to bring something to share at kindy in celebration of your child’s birthday, please choose balloons, stickers, bubbles etc or a healthy food option rather than cakes. Please check with staff if unsure.
- Provide ample healthy snacks and lunch for your child to have while at kindy. It is always better to send along a little too much, than not enough.
- Please ensure that fruit is pre-cut if that’s what your child needs.
- Supply children with a name labelled water bottle, filled with water only, water is the best thirst quencher.
- Please advise staff of any food allergies that your child may have.
- Please remind children to only eat their own food and not share it with others, because some children may have allergies or not be allowed to eat certain things.
- Please send healthy food – refer to suggestions in the parent area.
- We are an *Allergy Aware Kindergarten*, so please do not send any nuts or nut products to kindy. This includes nut spreads (nutella, peanut butter), muesli bars/fruit bars, biscuits etc with nuts in them.
- Additional food restrictions may be required if we have enrolled children with other severe food allergies, and we will advise you accordingly.

Signed..... (Director) Date.....

Signed..... (Chairperson) Date.....