

## Healthy Eating Guidelines

Taikurrendi CFC promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australia Schools and Preschools and relates to the DfE Wellbeing strategy.

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, 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.

Therefore:

- Staff at Taikurrendi CFC model and encourage healthy eating behaviours;
- Food and drink are consumed in a safe, supportive environment for all children;
- Parents and caregivers are encouraged to supply healthy food that fit within the **Right Bite** strategy for their children.

This food policy has been established after consultation with staff, families and allied health team within the preschool community.

## Food and Nutrition

Taikurrendi preschool food and nutrition curriculum

- Is consistent with the Australia Dietary Guidelines for Children and Adolescents in Australia, and the Australia Guide to Healthy Eating.
- Included activities that provide children with knowledge, attributes 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
- Integrate nutrition across the curriculum where possible.
- Is part of the Early Years Learning Framework and NQS

## The Learning Environment

Children at Taikurrendi:

- Have fresh, clean tap water available at all times and are encouraged to drink

- water regularly through the day;
- Children are able to access food when they are hungry. Fresh fruit available for most of the day. Lunch is a scheduled break at 12:00.
- Eat in a positive, social environment with staff who model healthy eating behaviours;
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

Taikurrendi CFC:

- Understands and promotes the importance of breakfast and regular meals for children;
- Teaches the importance of healthy meals and snacks as part of the curriculum;

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

Foods unsuitable for fruit time include packaged foods, cakes, sweets and ALL WHOLE NUTS , including chocolate, cordial, soft drinks and sweetened fruit juices are not recommended.

Taikurrendi is a NUT AWARE site that supports education and awareness for all families in particular those that have severe allergies. Individual health care plans are put in place to ensure the safety of all children that access the preschool programs.

### **Eating and drinking during the day.**

Healthy Eating guidelines are supported in our routines of breakfast , lunch and fruit times. A healthy lunch might include a sandwich, fruit, yogurt, vegetables sticks, cheese, etc. We will support cultural needs and communicate regularly with families. We ask families not to include chocolate, muesli bars, rolls ups, fruit bars, cakes, lollies, etc.

If children bring food which don't align with healthy options, staff will ask the children to 'save it for eating at home'. Under no circumstances will staff dispose of the children's food.

Taikurrendi CFC will ensure a healthy food supply for activities in accordance with the Healthy Eating Guidelines.

### **Celebrations and Special Occasions**

Due to allergies and food intolerances, we do not allow cakes or sweets for birthdays.

### **Food safety**

At Taikurrendi we:

- Promote and teach food safety to children during food learning/cooking activities.
- Encourage staff to access training as appropriate to the Healthy Eating Guidelines;
- Promote and encourage correct hand washing procedures with children;

- We cook healthy options on a regular basis and whenever possible we provide recipes or tastings for families.

### **Food-related health support planning**

The staff at Taikurrendi liaises with families to ensure a suitable food supply for children with health support plans that are related to food accommodations. Health care planning and documentation is implemented and reviewed as required.

### **Working with families, health services and industry**

Taikurrendi has

- Invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy;
- Invited health professionals to be involved in food and nutrition activities with the children and families;
- Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as:
  - o Newsletters
  - o Policy development/review;2018
  - o Information on enrolment;
  - o Pamphlet/ Poster displays.

[EDi link](#)

<https://www.education.sa.gov.au/doc/food-policy-preschools>

Review: 2024