



“A Place Where Children Grow”

Tailem Bend Kindergarten & Rural Care – Nutrition, Food & Beverages, Dietary Requirements Policy

Staff aim to promote nutritional eating habits in a safe, supportive environment for all children attending the centre. 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 and activity whilst minimising illness.
2. Long term: minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes.
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Curriculum

Our Kindergarten and Rural Care program’s food and nutrition curriculum:

- Is consistent with the *Right Bite Policy. Easy Guide to Healthy Food and Drink Supply for South Australian Schools and 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 curriculum where possible.
- Is part of the Early Years Learning Framework and NQS.

The Learning Environment

Children at our Kindergarten and Rural Care program:

- Have fresh clean filtered tap water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring their own named drink bottle.
 - Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Our Kindergarten and Rural Care program:

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

Food supply

Our Kindergarten and Rural Care program:

- Has the following guidelines for families for food brought from home.

Fruit time

Parents and carers are asked to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development.

Fresh fruits and vegetables are recommended for fruit time

Foods unsuitable for fruit time: include packaged foods, cakes, sweets.

ALL NUT PRODUCTS.

Cordials and sweetened fruit juices are not recommended.

Lunch care program: The Healthy eating guidelines are still in place. Parents are encouraged to follow the above guidelines, and ask staff if they have any concerns.

A healthy lunch box might include a sandwich, fruit, yogurt, veggie sticks etc. Please do not include chocolate, muesli bars, rolls ups etc.

- Our centre will ensure a healthy food supply for Kindergarten and Rural Care activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed food like chips, pastries, cakes, lollies, and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.
- We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Our Kindergarten and Rural Care program:

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

Working with families, health services and industry

Our Kindergarten and Rural Care program:

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