



Nutrition policy

This policy has been developed in accordance with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools advocated by the Department for Education.

Rationale

Tanunda Kindergarten promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Kindergartens and relates to the Department for Education wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits that can benefit children in three important ways:

- **Short term:** maximises growth, development, activity levels and good health
- **Long term:** minimises the risk of diet related diseases later in life
- Good nutrition contributes to good health and wellbeing, which is vital for positive engagement in learning.

Therefore, staff at Tanunda Kindergarten will:

- Model and encourage healthy eating behaviours
- Ensure food and drink are consumed in a safe, supportive environment for all children
- Encourage parents and carers to supply healthy foods that fit within the **Right Bite** strategy while their child is at kindergarten.

Curriculum

Tanunda Kindergarten's food and nutrition curriculum:

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating
- Includes experiences 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 Early Years Learning framework where possible, in line with Outcome 3 - *Children have a strong sense of wellbeing – Children take increasing responsibility for their own health and physical well-being.*

The Learning environment

Children at Tanunda Kindergarten:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day
- Will eat routinely at scheduled break times
- Eat in a positive, social environment with staff who model healthy eating habits
- Will have opportunities to participate in gardening to learn about and experience growing, harvesting and preparing nutritious foods.

Staff at Tanunda Kindergarten:

- Provides praise & encouragement that is not related to food or drink
- Understand and promote the importance of breakfast and regular meals for children
- Teach the importance of healthy meals and snacks as part of the curriculum
- Advocate Tanunda Kindergarten as breastfeeding friendly site.

Healthy Food Supply

Tanunda Kindergarten:

- Encourages healthy food and drink choices for children in line with the *Right Bite* strategy
- Encourages healthy food choices which are representative of the foods of the kindergarten community.
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a healthy food supply for kindergarten activities and events in line with the *Right Bite Strategy*
- Displays nutrition information and promotional materials about healthy eating
- Provides healthy eating guidelines to families for food brought from home
- Staff refer to the *Right Bite Strategy* when providing foods at kindergarten.

Fruit Time

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

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.

Food and drinks provided to children:

- Parents and carers are encouraged to provide healthy food and drink choices in line with the *Right Bite Strategy*
- Staff will ensure that food provided to children by the kindergarten is in line with the *Right Bite Strategy*.

Food safety

Tanunda Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum
- Encourages staff to access training as appropriate to the *Right Bite Strategy*
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff

Tanunda Kindergarten is a NUT AWARE site - Families are requested not to provide nuts or foods that contain nuts. Severe anaphylactic reaction to nuts is potentially life threatening to children in our care.

Food-related health support planning

Tanunda Kindergarten:

- Liaises with families to ensure a suitable food supply for children with health support plans related to food requirements.

Working with families, health services & industry

Tanunda Kindergarten:

- Invites parents and carers to be involved in policy development and review
- Promotes the alignment of fundraising with the *Right Bite Strategy*
- Provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:

Endorsed by Staff and Governing Council August 2018

Director: _____

Date: _____

Governing Council Chair: _____

Date: _____

Reviewed August 2018

Review: August 2020