



community wellbeing sustainability

The Lady George Kindergarten

## **Healthy Food and Nutrition Guidelines**

### Introduction

"Schools and preschools have a unique and important role in enabling children and adolescents to develop their capacity for healthy growth and development and healthier futures' (Healthy Eating Guidelines, DECS 2004).

The Lady George Kindergarten promotes healthy eating habits and supports the *Eat Well SA schools and preschools healthy eating guidelines*, which provides a framework through which preschools can promote learning, health and wellbeing in relation to food and nutrition.

The *Right Bite Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools* assists SA Government preschools to select food and drink to promote healthy eating and is based on the *Australian Dietary Guidelines for Children and Adolescents* and *The Australian Guide to Healthy Eating* (2003).

Foods and drink have been classified according to their nutritional value into three categories:

GREEN means choose plenty from this category  
AMBER means select these foods carefully  
RED means select these foods occasionally

To support teaching and learning in Health and Physical Development, we aim to teach the children about the link between different foods and the effect they have on our health. We believe in the power of modelling healthy eating habits to children. These influences by the staff team and other children are powerful and hopefully remain with children throughout their lives.

In discussion with the Governing Council, the following have been developed for parents to support our Food and Nutrition guidelines

- Parents and carers are encouraged to supply healthy and nutritious foods that are in line with our Healthy Food and Nutrition Guidelines.
- Staff at the preschool model and encourage appropriate healthy eating.

- A safe and relaxed environment is provided for children to enjoy eating.
- Nude food and whole foods that produce little or no waste are naturally nutritional and healthy

With these factors in mind, we advise parents of the following guidelines for healthy and safe food intake:

We are aware of children and allergies at this kindergarten – please

**DO NOT send your child with nuts of any kind OR nut products**

- Eggs will be allowed within the site if there are no new enrolments that indicate an egg allergy. This will be reviewed at the beginning of each term and when enrolments are being processed.
- Only send popcorn or carrot sticks if you know this is appropriate for your child.
- Children come to each session with a healthy, nutritious snack- eg: fruit, vegetable, cheese or a sandwich (see suggestions attached)
- Cakes, sweet biscuits, chocolates, chips, lollies, fruit bars, muesli bars, flavoured, savoury biscuits are not permitted at snack time.
- Children and staff will wash their hands prior to handling food.
- Children are encouraged to be independent in managing their own food. You can help them by providing food in containers that are easy to open, or loosening and then finger-tightening tight lids.
- Children are seated when eating, and are supervised by staff.
- Children bring a drink bottle containing water each day, and are encouraged by staff to take regular drink breaks. Fresh drinking water is available at all times for children to refill their personal drink bottle.
- Water is the only beverage allowed at kindy.

### Food Packaging

The Lady George Kindergarten promotes 'Nude Food', or foods that have natural wrappers or skins that are not manufactured.

We ask that you send foods that are not pre-packaged or wrapped in alfoil, glad wrap, plastic, cellophane etc.

In an effort to achieve 'Zero Waste' at preschool, we will work closely with families and children to manage what waste we make.

All food scraps will be composted at kindy or through the local council.

### Celebrations

Celebrations are an important part of all our lives. We believe celebrations are important for children to participate in and experience.

Your child's special day (i.e. Birthday) will be acknowledged with staff and children at group time with singing and a wooden cake with real candles. A photo will be put in the child's learning portfolio.

Please do not send Birthday Cake or food items to share.

### Food Safety

Staff at this preschool:

- Teach, promote and encourage food safety to children during food learning and cooking activities
- Provide adequate hand washing facilities and opportunities for children and staff.
- Promote, model and encourage correct hand washing procedures with children and staff.
- Where possible, provide recipes to families when cooking
- Encourage staff to access appropriate / relevant Professional development as appropriate to healthy eating guidelines.

PLEASE REMEMBER, WE ARE AN ALLERGY AWARE CENTRE - PLEASE DO NOT SEND ANY NUTS WITH YOUR CHILD, DUE TO THE HEIGHTENED RISK OF ALLERGY TO THESE FOODS.

### **Snack time**

Some suggestions are:

- Fruit – fresh, dried, tinned
- Cheese
- Savoury sandwiches
- Salad vegetables – prepared to suit your child's needs
- Dry Biscuits – cream cheese, vegemite, cheese
- Yoghurt

### **Lunch time**

Please remember to pack a separate nutritious lunch for your child.

Some suggestions include:

- Fresh sandwiches or wraps with savoury fillings
- Dry biscuits and savoury toppings
- Salads – vegetable and fruit
- Cheese
- Culturally appropriate meals as determined by Director
- Some homemade meals from home that do not need to be re heated may include pizza, fried rice, noodle dishes, cooked meat.

If you are sending food that may spoil (eg. meat sandwiches, cheese or yoghurt), please pack their lunch in a cooler pack.

The kindy does not have facilities for refrigerating foods so please choose food items carefully.

**Foods That We DO NOT recommend:**

- Cakes
- Sweet biscuits
- Chocolate
- Lollies
- Muesli Bars
- Fruit Roll ups
- Chips
- Squeezy yoghurts – these are NOT developmentally appropriate for typically developed children as they enter into preschool.
- Drinks other than water (Cordial, Fruit Juices)
- NO NUTS or nut products.

This policy will be shared with all new staff and families and is available to view in the Preschool Policies Folder (and on the website).

New enrolling families will be asked to confirm they have read and understand this Policy by signing the Information and Consents Form at the time of enrolment.

Updated: August 2022

Review: August 2023

**Signed.**

Director:



Chairperson:

