



Food and Nutrition Policy

Healthy Food Supply and Nutrition Policy of: Trott Park Kindergarten

Education and Care Services National Regulation 2011:

Regulation 168 (2) (a) (i)

Related Key regulation 77, 78, 79, 80

Note: Reg 79 and 80 doesn't apply to food and beverages provided by a parent.

Links to the National Quality Standards:

National Quality Standard 2.2Rationale

Trott Park Kindergarten promotes safe, healthy eating habits in line with the Department for Education **Right Bite Ready Reckoner** and **Nutrition and Dietary Requirements in Preschool** and relates to the Department for Education wellbeing strategy.

https://www.education.sa.gov.au/sites/default/files/right_bite_ready_reckoner.pdf?acf_files_redirect

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:

- educators at this preschool 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 foods that fit within the **Right Bite** strategy for their children at preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Australian Dietary Guidelines*
- 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 the National Quality Standards

The Learning environment

Children at our preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times and also have access to food at their request

- eat in a positive, social environment with staff who model healthy eating behaviours

Our preschool:

- provides rewards/encouragements that are not related to food or drink
- 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
- is a breastfeeding friendly site

Food supply

Our preschool:

- encourages healthy food and drink choices for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool activities and events in line with the *Right Bite* strategy (eg fundraiser sausage sizzles and cake stalls are 'occasional' foods)
- displays nutrition information and promotional materials about healthy eating
- promotes the Right Bite Ready Reckoner to families when choosing foods for their children to bring to preschool

Fruit Time:

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

- o provide children with important minerals and vitamins
- o encourage a taste for healthy foods
- o encourage chewing which promotes oral muscle development

Lunch Time:

Parents and carers are encouraged to supply foods based on the Green Category in the Right Bite Ready Reckoner including:

- o breads, cereals, rice, pasta and noodles
- o vegetables and legumes
- o washed fresh fruit, canned fruit in fruit juice, dried fruits
- o dairy foods – reduced or low fat yoghurt and cheese
- o lean chicken, beef, lamb, pork, canned tuna and salmon, eggs
- o water

Foods unsuitable for kindy:

Parents and carers are encouraged not to supply foods based on the Amber and Red Categories in the Right Bite Ready Reckoner including:

- o cakes muffins and sweet biscuits
- o chips, lollies and chocolate
- o breakfast bars, fruit bars and cereal bars
- o oil popped popcorn

Many of these foods have a high salt, sugar, fat and kilojoule content per serve. It is recommended that snack foods contain less than:

- o 600kj per serve
- o 3 grams of fat per serve
- o 200mg of sodium per serve

We are a nut and egg free kindy. Products containing peanut butter and peanuts, Nutella, and all other nuts and eggs are not to be provided for children's snacks. Please read labels carefully. Products with the warning "may contain traces of nuts" are not to be eaten at kindy and will be sent home.

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. Ideally in our kindy setting, this will be water
- staff will ensure that food provided to children by the preschool is in line with the Right Bite strategy.

Food safety

Our preschool:

- 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.

Food-related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- Detailed risk assessments are undertaken for any child in attendance who suffers a food allergy or intolerance. Medical plans are obtained and information is prominently displayed for children who have a medical food allergy (eg. Anaphylaxis)
- All educators/staff are kept informed of food related health issues for children, including information provided to relief staff

Working with families, health services & industry


Our preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy through the Governing Council
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

Further information can be found at:

<https://www.education.sa.gov.au/doc/right-bite-information-sheet-parents-and-carers>

This policy has been developed in conjunction with the Trott Park Governing Council

Signed  (Governing Council Chairperson)

Date Term 1 2019

Reviewed March 2023

Due for review March 2026

