



# Healthy Eating NUTRITION POLICY

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## National Quality Standards: Quality Area 2 : Children's Health and Safety

Standards 2. 1.3	Healthy Lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
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## Early Childhood learning Framework

Outcome 3	Children have a strong sense of wellbeing	Children take increasing responsibility for their own health and physical wellbeing
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*Good Nutrition and Healthy Eating is important for children's physical, intellectual and emotional development.*

The National Health and Medical Research Council (NHMRC) has published dietary guidelines for Australian infants, children and adolescents, adults and older people. These guidelines provide recommendations for healthy eating not only to reduce the risk of diet-related disease, but also to improve the community's health and wellbeing.

Tumby Bay Kindergarten/ Rural Care has a commitment to enabling children and families to develop their capacity for healthy growth and development and for healthier futures. As such, the Kindergarten/Rural Care will be responsible for promoting good nutrition and healthy lifestyles throughout all kindergarten, Rural Care activities.

## Objectives

Healthy eating is fundamental to good health, growth and development. It is recognized that early childhood settings are a critical part of the social environment that shapes eating behaviour and can play a large role in ensuring that health-enhancing eating behaviour is learned, practiced and supported. Children with appropriate nutrition have improved cognitive development, positive behaviour, greater attention span, and increased attendance at preschool.

Establishing healthy eating habits at a young age provides a critical foundation for good eating patterns in adult life with health, social and financial benefits to individuals, positive mental health and quality of life and plays a role in preventing disease and disability in families and society.

Learning about healthy lifestyles, including nutrition, is integral to wellbeing and self-confidence. As children become more independent, they can take greater responsibility for their own health. Good nutrition is essential to healthy living and enables children to be active participants in play. Early childhood settings provide many opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children (BBB, 2009).

## Purpose

Is to promote and educate healthy lifestyles amongst families and children. The Healthy Eating /Nutrition Policy ensures that the health and wellbeing of children is safeguarded and promoted, in line with the National Quality Standards for Early Childhood Education and Care and School Age Care.

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## Policy Statement

The Tumby Bay Kindergarten/Rural Care aims to ensure that snacks and mealtimes will provide positive learning experiences for children who will be encouraged to develop healthy eating habits. Parents /Caregivers are responsible for providing meals and snacks for their children appropriate to the duration and times of care.

- Provide a variety of foods for your child to choose to eat during the day.
- Supply your child's food in named, hygienic containers. Be mindful of keeping food cool in transit to kindergarten to avoid spoilage. (Use ice bricks in your child's lunchbox)
- Place food that need to in the fridge on arrival – well named for your child to easily identify
- Please supply a named water bottle.

## How the Policy will be implemented

- Lunch Boxes are stored hygienically.
- Children will be seated and supervised at all snack and mealtimes.
- Mealtimes will be social occasions as staff sit with the children to model and interact with them to encourage good eating habits and an appreciation of a variety of foods. Children will be assisted Where required but will be encouraged to be independent and help themselves whenever appropriate.
- Mealtimes will be set to a regular schedule –morning snack, lunch and afternoon snack. If children are at the center after 5.00 p.m. a late snack will be provided. All food is to be provided by parents.
- Children will be encouraged to try new foods but will never be forced to eat. Parents/guardians of infants and toddlers will be advised of their child's food intake each day via communication books or verbally on pick up.
- Religious and cultural beliefs of families will always be respected.
- Water will always be readily available.
- The importance of good healthy food and nutrition activities will be part of the planned curriculum and spontaneous programming by reading stories, participation in songs, creative play inside and out, home corner and cubby house kitchen discussions through play.
- Cooking will be part of the children's activity program and Children will be involved in the growing, harvesting, preparing and cooking of vegetables from our vegetable garden.
- Nutritionally appropriate foods will always be available in the Center for children in the case of an emergency, or if a child is hungry between meals e.g. grain bread/fruit/dry biscuits.

## Culture and Special Celebrations

Our service celebrates culture by including this is programming and cooking activities to engage children in learning about their environment and our world. Some celebrations will include a variety of foods. Birthdays are celebrated by singing happy birthday and blowing out the candles on a pretend cake.

## Food Allergies, Food intolerance and special dietary needs.

True food allergy is when the immune system forms antibodies to food proteins.

Food intolerance is sensitivity to natural or added chemicals in food and is not life threatening but can be debilitating.

Children with special dietary needs will need to have adequate food provided by their families

Where a child has a specific food related health issue, such as diabetes, anaphylaxis or cystic fibrosis, a Health Care Plan should be completed (as per health Support Planning Guidelines). Specific accommodations may be made for these children. Adults including staff with similar health care requirements, should discuss their needs with coordinator, where required.

If an adult or child has a severe allergy, the coordinator may choose to restrict food from the center. All Families accessing the center will be notified of any restrictions. To reduce the risk of anaphylaxis, nuts, nut-based products or items in which nuts are an ingredient are strongly discouraged from being brought to the center, including in lunch boxes or shared food.

Staff are trained in first aid and your child's health is important to us and we will take all steps to ensure your child's safety.

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## Preheating Food for Children

All foods that have been precooked at home and bought into the center for re heating before serving are to be heated to a temperature that will kill off bacteria (70°C and above for 2 minutes). The temperature of all reheated foods will be checked by an adult before being given to the child to ensure they are served at an appropriate temperature. The following procedure will be followed to ensure this happens

### After Heating food will be:

- Left for 1 minute to finish heating
- Stirred to ensure an even temperature throughout
- Temperature checked by use a food probe
- Perishable foods to be discarded if not eaten
- All crockery, cutlery is to be washed at a temperature of 55 ° Celsius and rinsed at temperatures above 75° Celsius. Use dishwasher to ensure this.

## Milk Formula, Expressed Breast Milk, Cows Milk or other milks

Bottles of formula, EBM (expressed breast milk), cows milk or other milks will be warmed in a jug of warm water and NEVER in the microwave.

Bottles will only be heated once, and left-over milk discarded

Breast milk will be stored in the refrigerator for no more than 48hrs or in the freezer compartment for up to 3 months as recommended by the Australian Breastfeeding Association. Each container of expressed Breast Milk will be labeled with the child's name and date when expressed with the child's full name and date when expressed.

All bottles will be named with the child's name

Care will be taken to ensure breast milk, cows' milk or other milks is only given to the named child with 2 staff verbally verifying that the correctly named Breast milk, cow's milk or other milks is offered to the named child.

Frozen milk will be defrosted in the fridge or under cold water. It will NEVER be defrosted in boiling water, reheated or refrozen running water.

**Choking** Children of any age can choke on food, but children under 4 years of age are most at risk because they do not have back teeth to chew and grind food and are still learning to eat, chew and swallow.

*To prevent choking we will:*

- Always supervise children whilst eating and make sure they are sitting quietly.
  - Never force a child to eat, and do not give a child food if they laughing or crying.
  - Hard fruit and vegetables such as raw apple, carrot and celery must be cut into small pieces.
  - Encourage children to eat slowly and chew well.
  - Encourage children to feed themselves.
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## Fill the Lunch box with ..... Green Category

<b>FRESH Fruits</b>	Fresh fruit comes in its own natural packaging. Some handy fruits to include are bananas, mandarins, kiwi fruit and strawberries. Take care with hard fruits as these can be a choking risk and should be grated, very finely sliced cooked or mashed
<b>Canned Fruit</b>	Choose varieties in natural juice
<b>Dried Fruit</b>	can stick to teeth so best eaten as part as a meal
<b>Vegetables</b>	Snow peas, cherry tomatoes, strips of capsicum, cucumber make great finger food.
<b>Meats</b>	Avoid processed meats like metwurst, fritz etc. as these are high in salt Choose lean meats such as chicken, ham, tuna Snack packs of tuna and crackers are a good alternative
<b>Diary</b>	Milk, Yogurts & Custards Children under 2—full cream Look for varieties with at least 100mg of calcium/100gms Cheese sticks, slices, cheese and crackers packs great for lunchbox
<b>Breads</b>	Choose varieties of breads



**FOODS DISCOURAGED** are anything chocolate covered, chips and rollups. These foods are very high in sugar and salt

Under DECD Policy foods from the RED category may be provided twice a term in the Center. We may provide some of these foods on our special celebrations. RED Category Foods are confectionary, potato chips, crumbed foods, deep fried foods, ice-cream, pies and pasties. They are high in saturated fat/ and/or sugar and/or salt and can contribute excess energy (kilojoules or calories).

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## Policy Detail

1. Tumby Bay Kindergarten/ Rural Care is a breastfeeding friendly environment. All staff to be aware of the importance of breastfeeding and talk about breastfeeding as 'normal'. Private, comfortable spaces are to be made available if required. Tumby Bay Kindergarten will adhere to breastfeeding friendly guidelines as per Australian Breastfeeding Association.
2. All adults and children are expected to use effective hand washing techniques when handling or consuming food. Hand soap and accessible facilities are to be made available throughout the Centre. Children are required to wash their hands before consuming food, at fruit time, lunch times and unplanned snacks.  
Children should also wash their hands prior to a learning activity that involves the handling of food.  
Adults are to use safe food handling techniques, including
  - washing and drying hands before handling food and frequently during work
  - avoiding being near food when unwell (including coughing and sneezing)
  - wearing gloves; when appropriate
  - keeping benches clean
  - avoiding cross contamination of cooked and raw foods
3. Our Centre will support the frequent drinking of fresh, clean tap water. Water to be available for adults and children at all times.
4. Our Centre will foster positive communication and relationships with families to support healthy eating outcomes for children and their families. Families will be provided with opportunities to learn about the importance of healthy eating and physical activity in young children including education about the NHRMC Dietary Guidelines for Children and Adolescents and the Right Bite Food and Drink Spectrum.
5. Children will be given learning opportunities throughout the Centre to develop practical food skills related to growing, selection, storage, preparation, cooking and serving food.
6. Children should be encouraged to eat snacks and lunch in a supervised social setting to enhance positive food experiences and reduce the risks of choking.

- 8 Tumby Bay Kindergarten/ Rural Care will work with health professionals and services to ensure that educators have up-to-date information about relevant food and nutrition issues and community programs.
- 9 Children will be educated about healthy food choices. (Refer to Right Bite Food & Drink Spectrum).
- 10 For children with additional needs, where food is a central part of a behaviour, sensory or communication plan, this should be clearly documented as part of the child's learning plan and/or negotiated education plan. Staff will also work closely with the family and other services to, where possible, introduce healthier alternatives to the child.
- 11 However, some may be provided on special occasions (maximum 2 per term) such as family gatherings and end of term celebrations in which the whole preschool community is involved. The preschool also offers cooking experiences as part of the program. Sometimes red food category foods will be prepared however the preschool will communicate this to families as appropriate.

## Staff Responsibilities

- Staff and visiting professionals should, at all times, adhere to this Policy, and be aware of their role as models for the broader community.
- Staff are responsible for the implementation of the policy and for ensuring visiting professionals are aware of the policy details.
- All staff are to encourage the consumption of foods compliant with the Right Bite Food and Drink Spectrum and the NHRMC Dietary Guidelines.

## Monitoring, Evaluation and Review

The Director will monitor the implementation of the policy and be responsible for ensuring all staff are aware of their responsibilities.

The Director and staff will also be responsible for ensuring families are aware of and adhere to the policy at all times.

## Legislation

- Child Care Centre Regulations 1998 ( SA)
- Public and Environmental Health Act 1987 ( SA )
- National Quality Standard for Early Childhood Education and Care and School Age Care :

## SUPPORTING DOCUMENTS

- *Eat Well SA Schools & Preschools Healthy Eating Guidelines (Department of Education and Children's Services, 2008)*
  - *National Quality Standard for Early Childhood Education and Care and School Age Care (Council of Australian Governments, December 2009): QA2: Children's Health & Safety*
  - *Belonging, Being & Becoming – Early Years Learning Framework for Australia (Australian Government Department of Education, Employment and Workplace Relations for the Council of Australian Governments, 2009)*
  - *Nutrition in Child Care – a NCAC Factsheet for Families (National Childcare Accreditation Council, Australian Government, 2008)*
  - *Food for Health: Dietary Guidelines for Children and Adolescents in Australia – A guide to healthy eating (National Health and Medical Research Council, Department of Health and Ageing)*
  - *Right Bite: Healthy Food and Drink Supply Strategy for South Australian schools and preschools (Department Education and Children's Services & SA Health, 2008)*
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