

Healthy Food Supply and Nutrition Policy of Warradale Kindergarten

Rationale

This preschool promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools*.

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:

- staff 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 *Dietary Guidelines for Children and Adolescents in Australia*, the *Australian Guide to Healthy Eating* and the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools*.
- strongly promotes the 'Nude Food' program, encouraging fresher foods and reduced waste to landfill, e.g. encouraging families to buy bulk yoghurt and put in washable containers instead of buying yoghurt pouches that can't be recycled
- 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 Early Years Learning Framework where possible, **relating to Learning Outcome 3: 'Children have a strong sense of wellbeing'**

The Learning environment

Children at our preschool:

- will be asked to bring in a named water bottle which can be refilled with fresh, clean tap water
- are encouraged to drink water regularly through the day
- will be encouraged to eat throughout the day
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

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
- displays **nutrition information** and promotional materials about healthy eating
- Families are encouraged to ensure their child's lunch box is insulated and use ice bricks if necessary.
- has the following guidelines for families for **food brought from home** or provided by staff within preschool time:

Brain Food:

Parents and carers are encouraged to supply fruit and vegetables:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.
- Try a variety of fruit and vegetables over the year to increase positive eating habits.

Lunch Time:

Parents and carers are encouraged to supply a healthy balanced meal at lunch time:

- Suggestions include: healthy sandwich, fruit, salad, vegetables, cheese, yogurt, dried fruit, healthy meats, beans, rice, cold rolls, wraps, healthy leftovers
- **Please do not bring items that are high in sugar and salt, such as soft drinks, cakes, lollies, flavoured milk, chocolates, chips, muesli bars, fruit bars. These foods are not suitable for kindy.**
- **Please limit foods with preservatives and artificial colourings.**

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 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
- 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.

Working with families, health services & industry

Our preschool:

- will encourage parents and caregivers to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted
- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways
- promotes the alignment of fundraising with the *Right Bite* strategy.

Note: Please note we are a nut aware kindergarten. Therefore, no nut products are to be at kindy. This includes peanut paste, Nutella and muesli bars.

For more information on the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools please see:

https://www.education.sa.gov.au/sites/default/files/right_bite_manual_colour.pdf?acsf_files_redirect

**The educators at Warradale Kindergarten thank you in advance
for your support of this policy.**