

WEST BEACH KINDERGARTEN

Healthy Food Policy

The Preschool aims to promote nutritional eating habits in a safe, supportive environment for all children attending preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits. Short term benefits: Maximises growth, development and activity whilst minimising illness and tooth decay and healthy body weight.

Long term benefits: Minimise the risk of diet related diseases later in life eg. Heart disease, strokes, diabetes, obesity

Curriculum

Our Preschool's food and nutrition curriculum

- Includes the planting, harvesting and eating of produce from our kindy vegetable garden
- 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
- Promotes the 'WOW' Wipe Out Waste program by encouraging families to reduce wrappers in their children's lunch boxes to help reduce landfill
- Includes opportunities for children to develop practical food skills like preparing healthy foods
- Integrates nutrition across the curriculum where possible
- Is compliant with the Early Years Learning framework and National Quality Standards

The Learning Environment

Children at our Preschool

- Are encouraged to drink water regularly throughout the day from their own named water bottles which are accessible in a trolley
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our Preschool

- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site

Food Supply

- Our Preschool provides fruit/vegetable snacks each day at the end of session donated by West Beach Foodland maintaining strong links with our local community. Children visit the local Foodland with Staff to assist in selecting and purchasing fresh produce as part of our Program.

Our Preschool has the following guidelines for families for food brought from home:

Snack time

Parents and carers are asked to supply fruit and/or vegetable snacks at morning snack time to:

- Provide children with important minerals and vitamins
- Encourage a taste for a variety of healthy foods
- Encourage chewing which promotes oral muscle development

Fresh fruits, vegetables or a slice of cheese, crackers, healthy sandwiches are recommended

Foods unsuitable for snack time include:

Processed foods high in sugar/salt, cakes, sweets.

Cordials and sweetened fruit juices are not recommended.

Lunch time

All children adhere to the healthy eating guidelines. Parents are encouraged to follow the guidelines and ask staff if they have any issues.

A healthy lunch box may include a healthy sandwich/wrap, fruit, rice/pasta dishes, yogurt, vegie sticks etc. Please do not include 'treats' such as chocolate, roll ups, sweet biscuits etc. Please see staff for clarifications.

Our kindergarten will ensure a healthy food supply for preschool activities, celebrations and events strictly limiting availability of high fat, high salt, high sugar foods such as chips, lollies, cakes and soft drinks to no more than once a term in accordance with the Healthy Eating Guidelines.

Food storage

In warmer weather parents are asked to include an ice pack/block in their child's lunch container and/or provide an insulated container. The lunch trolley is kept inside in an air-conditioned inside area.

Special occasions

For birthday celebrations/special occasions we ask families not to bring birthday cakes/treats to Kindy as we acknowledge each child's birthday/special celebrations with songs at Group Time and a numbered birthday crown/or similar made by the child.

Our Preschool

Liaises with families to ensure suitable food choices for children with health support plans that are related to food allergies/intolerances/preferences.

Please refer to Anaphylactic Aware Policy for more details regarding Anaphylactic responses to foods.

Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as:

- Newsletters
- Information on enrolment
- Poster/pamphlet displays