



## Whyalla Stuart Early Childhood Centre Kindergarten Healthy Food Policy

29/8/2016

### **Rationale:**

Educators aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood healthy eating is fundamental to good health throughout life. We feel it:

- Underpins healthy growth and development
- Contributes to health and well-being, mental health and quality of life
- Plays a role in preventing disease and disability

This policy has been established after consultation with staff, the WSECCK Governing Council and the 'Eat Well SA Schools and Preschools Healthy Eating Guidelines'.

### **Curriculum and Learning Environment:**

Our Kindergarten's Food and Nutrition Curriculum:

- Includes activities that provide children with the knowledge, attitude 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.
- Reflects an understanding that learning about healthy eating must be supported in all aspects of the learning environment.
- Is part of the Early Years Learning Framework and NQS.

## **Food Supply:**

Our Kindergarten Provides:

- Opportunities to access food bank ensuring inclusive access to healthy food options.
- Continuous access to fresh clean tap water and children are encouraged to drink water regularly through the day.
- Regular break times to access healthy foods.

## **Food Safety:**

Our Kindergarten Provides:

- Supervision during lunch eating time
- Adequate hand washing facilities for everyone
- First Aid Training for Staff which covers Allergy Response Plans. Allergy information clearly displayed in food preparation areas for children with allergies and known allergens (e.g. Nuts) banned from the centre.

## **Food Related Health Support Planning:**

Our kindergarten's food and nutrition policy ensures:

- Children with special dietary requirements are catered for accordingly

## **Working with Families, Health Services and Industry:**

Our Kindergarten:

- Provides information from health professionals to family and caregivers on the healthy eating guidelines through a variety of media such as newsletters, policy development review, information on enrolment, pamphlets and poster displays.
- Invites health professionals to be involved in food and nutrition activities.
- Asks parents to provide fruit and vegetables for morning and afternoon snack time.
- Is a breastfeeding friendly site.
- Involves parents and caregivers in the review of the whole site 'Healthy Food Policy'.