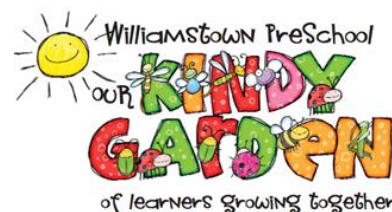


Williamstown Preschool Healthy Food and Nutrition Policy



Learning about nutrition and healthy lifestyles is integral to wellbeing and self-confidence.

Williamstown Preschool is committed to providing and maintaining safe and healthy environments. The aim of this policy is to promote among children, staff and families positive attitudes towards healthy eating and nutrition.

Eating times at preschool are opportunities for children to learn to regulate their bodies and develop healthy eating habits.

Children at our preschool:

- ❖ have fresh, clean, filtered tap water available at all times and are encouraged to drink water regularly through the day
- ❖ bring their own named drink bottle of water
- ❖ eat routinely at scheduled break times
- ❖ 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 vegetables and nutritious foods

Good nutrition is essential to healthy living and enables children to be active participants in play. Our Healthy Food and Nutrition Policy is designed to encourage healthy eating habits. Fresh fruit or vegetables (apples, banana, mandarin, strawberries, carrot sticks, cucumber etc) are suitable for morning and afternoon fruit times. Due to food allergies, we do not share foods. Muesli bars, peanut paste or Nutella sandwiches or any other products containing traces of nuts are not to be sent to preschool as we are a Nut Aware Preschool/school.

Food Safety

Our preschool:

- ❖ promotes and teaches food safety to children as part of the curriculum during food learning/cooking activities
- ❖ 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 support children with health support plans that are related to food issues e.g. diabetics, coeliac, food allergies.