

Food and Nutrition Policy

Background

At Win Newby Kindergarten we believe that adopting healthy eating habits early in life is important to enable children to develop optimally and set themselves up to carry healthy habits into adulthood. Therefore, part of our program includes learning about and encouraging healthy eating and the effects of food/drink on the body. A Food and Nutrition Policy has been developed with the help of staff and the Governing Council, in line with the **Right Bite** Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools.

Rationale

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 food that fit within the **Right Bite** Strategy for their children at preschool.

Curriculum

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating* 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 EYLF framework where possible, relating to the developmental outcomes 'Children develop a sense of physical wellbeing'.
- Where possible make connections with Health Services.

The Learning Environment

Children at our preschool:

- Have fresh, filtered tap water, at all times and are encouraged to drink water regularly throughout the day.
- Will 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 nutritious foods.

Our Preschool:

- 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.
- Provides parents with information on nutritious and safe foods to pack for their children and Healthy ideas on enrolment and regularly updates in newsletters.
- Promotes the alignment of fundraising with the right bite strategy.
- Invites parents and carers to be involved in the review of our Food and Nutrition policy through Governing Council.

Snack Time

Parents and carers are encouraged to provide fresh fruit, vegetables, dried fruit, cheese, yogurt or other healthy options for the following reasons:

- To provide children with important vitamins and minerals
- To encourage a taste for healthy foods and promote healthy eating habits
- To avoid children pressuring parents and carers to buy and provide other less healthy foods they may see other children having!
- Foods that encourage chewing which promotes good oral muscle development.

Food and Drinks

- Parents and carers are encouraged to provide healthy food and drink choices.
- Staff will ensure that food provided to children by the preschool is inline with the **Right Bite** strategy

Lunch Time

- Parents and carers are encouraged to pack healthy lunches consisting of a variety of foods from the five food groups. Foods from these groups will help the children meet their nutrition requirements for the day.

Food Safety and Storage

- We promote and teach food safety to children as part of the curriculum.
- We implement for all staff and volunteers, health & hygiene practices and safe practices for handling, preparing & storing of food, to minimise risks to children being educated & cared for by the service.
- Each child's family to provide an appropriate container with 'ice packs' for their child's lunch/snack.
- Children's lunches/ snacks (perishable items) will be placed in the kindergarten fridge if no ice pack has been provided by a child's family and there is available space in the fridge to do so.
- **Re-heating of food items:** We are unable to re-heat children's food brought in from home.
- We encourage staff access to training as appropriate to the **Right Bite** strategy.
- We provide adequate hand washing facilities for everyone.
- We promote and encourage correct hand washing procedures with children and staff.

Food Related Health Support Planning

- When a preschool child has a serious food allergy e.g. (Anaphylaxis) we will liaise with the family to develop a support plan, which will be in place for the duration of that child's involvement with the preschool. Any adjustments in relation to food/drink items will be communicated to the kindergarten community.
- **THIS IS A NUT FREE KINDERGARTEN:** Some of our children can have a life-threatening allergic reaction to nuts and nut products including peanut butter and nut products, muesli bars and other snack items (please read the labels carefully).

Food Guidelines for Birthday Celebrations

- To make birthday celebrations inclusive of all children, we ask that you do not bring birthday treats or cakes to kindy, but save them for home celebrations. This reinforces our healthy eating policy, and does not exclude children who have food allergies. Instead our Birthday Celebrations will include:
- A Birthday Certificate and Sticker
- The staff and children will sing Happy Birthday during a 'mat time' session and share a birthday chat.



Healthy

GREEN and AMBER - Food and Drinks

Fresh fruit whole, Frozen fruit

Fresh vegetables (raw, cooked, mashed, grated) i.e. capsicum, cucumber, mushrooms, snow peas, sprouts, cauliflower, broccoli, tomato, lettuce, cress, baked potato, corn on the cob.

Cheese: cottage cheese, cream cheese, fruit cheese, cheese sticks

Chick peas, Kidney beans, Bean mix, Lentils, Baked beans

Tinned/container fruit in **natural** juice, Dried fruit

Sandwiches, Pita bread, Focaccia, flat bread, mountain bread rolled up with sandwich fillings, raisin/fruit breads

Sushi (check label for reduced salt/fat), Scones, Pikelets, homemade pizza.

Cracker biscuits, saladas, cruskits, vitawheats, saos, rice crackers or snacks and rice cakes

Small container of yoghurt, fruche, custard (reduced sugar).

Hard boiled eggs

Tabouleh, Rice salad, Coleslaw, Potato salad, Pasta (not instant noodles), Couscous

Cold meats: beef, lamb, pork, ham, chicken, fritz, corned beef, fish (tuna, salmon)

Vegetable based dips

Popcorn-air popped, (non-flavoured, no added salt, sugar, fat)

Water

Unacceptable

RED - Food and Drinks

Parents and carers are requested not to provide the following foods and drinks for snack time (and lunch) as they provide little goodness (vitamins and minerals).

Some foods are high in fat, while others are high in sugar and promote tooth decay.

- Sugary sandwich spreads eg chocolate spread, hundreds and thousands, peanut butter
- Potato, corn, rice chips including cornchips, twisties, burger rings, etc (high in fat and salt)
- Muesli bars (high in sugar) and nut products
- Fruit bars Roll ups, fruit straps, fruit metres, etc (high in sugar)
- Chocolates or chocolate products (high in fat and sugar)
- Lollies (high in sugar)
- Soft drink, cordials, flavoured mineral water, flavoured milk (high in sugar)
- Fruit juice, fruit box (high in sugar)
- Biscuits (high in fat and sugar)
- Cakes, buns, muffins, croissants, slices, pastries (high in fat and sugar)
- Wedges, chips, hash browns
- Chewing gum (high in sugar)
- Dunkaroos/Dig Its
- Nut products of any kind