

West Lakes Kindergarten and Early Childhood Centre
294 Sportsmans Drive West Lakes 5021
Policies and Guidelines

Health and Safety - Healthy Food Policy

Approved by the staff and parent management committee – August 2016

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** and relates to the DECS wellbeing strategy.

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*, 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 Early Years Learning Framework where possible,

The Learning Environment

Children at our preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through 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:

- 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
- has the following guidelines for families for **food brought from home** within preschool time:

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
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- 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:

- 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 including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

Food allergy (eg. nuts).

Some foods are excluded from our centre for a variety of reasons:

- They are life threatening to other children at the centre.
- They are dangerous to small children and may result in choking.
- They contain excessive amounts of salt, sugar and other ingredients, which are not necessarily part of a healthy lifestyle.
- The centre promotes foods, which allow independence for your child (some foods are difficult for some children to open and manage.)

Most common Food allergens are Peanuts, Tree nuts Fish, Shellfish Eggs, Milk Sesame, Soy

Hygiene

We encourage and support children to **wash their hands before and after eating** and we sit at tables throughout eating time.

Cooking

We do cooking activities at our centre that support teaching children healthy eating choices and as it is a educational tool to teach Literacy, Numeracy, following instructions and listening skills.

* If at any time we are doing cooking or offering food to children, a note outlining ingredients etc will be given to parents to return back with signed consent.

Children's Birthdays

Children at our centre love to celebrate their birthdays and parents enjoy to share treats with other children at Kindergarten.

We ask that parents not supply cakes, biscuits etc but as a treat provide **stickers for children to share with their friends.**

Using recyclable boxes at Kindergarten

Due to some children having a severe allergy to nuts and products with nuts in them and eggs, please do not bring boxes for pasting and making that have had these products in them (e.g. egg cartons, boxes that have chocolate/nuts in them)

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Parents.

Please can you pack your child:

- morning snack, lunch and afternoon tea, in an insulated lunch box/bag that has a their name clearly written on the front (and has a freezer/cold pack included)
- A bottle of water to drink throughout the day. (In the summer months , please pack an extra bottle of water to leave in their Kindy bag)
- At the start of each day, please support your child to put their lunch bags in the fridge. We have two fridges - A 'girls' fridge in the main Kitchen area and a 'boys' fridge in the Resource Room

Suggested food to bring to Kindergarten

Please bring your child's food in an insulated lunch bag that has their name on it, so they can store it in the fridge for the day.

Drink

- A drink bottle containing water that is clearly labelled with the child's name.

Morning and afternoon snack

- Fresh fruit –apples, bananas, oranges, mandarin, pear, mango, strawberries etc
- Dried fruit – sultanas, dried apricots, figs, etc
- Fresh vegetables – eg salad vegetables, peas, tomatoes, cucumber, capsicum, celery etc

Lunch time

- Fresh fruit –apples, bananas, oranges etc, Dried fruit – sultanas, dried apricots etc
- Fresh vegetables – cucumber, capsicum etc
- Savoury sandwiches – fillings may include vegemite, cheese, salad
- Dairy products – such as cheese, yoghurt

******Not acceptable at our centre******

- Nuts and all nut products,
- Peanut paste/ butter
- Nutella
- Chocolates and other chocolate products
- Roll ups,
- Chips, Donuts, cans of soft drink

If you have any concerns or questions, especially in regards to your child's eating, diet or health and medical needs, please see the Director.