



Barmera Kindergarten

National Quality Standard – 2.2

Regulation: 168 (2)(a)(i)

Related Key Regulations: 77,78,79,80 (Note Reg 79 & 80 do not apply to food & Beverages provided by a parent)

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# Healthy Food Policy

Staff aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. 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 and activity whilst minimising illness.
2. Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers, dental decay and diabetes.
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This food policy has been established after consultation with staff and parents in line with the Australian Dietary Guidelines.

- To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drink to meet energy needs,
- Enjoy a wide variety of nutritious foods from the 5 food groups everyday (fruit/vegetable, grains, lean meats, seeds, yoghurt/cheese).
- Limit intake of foods containing saturated fat, added salt and added sugars.

## Curriculum

Our preschool's food and nutrition curriculum:

- Is consistent with the Australian Dietary Guidelines for Children and Adolescents in Australia, and the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools.
- 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 curriculum where possible, and
- Is part of the Early Years Learning Framework and NQS.

## The Learning environment

Children at our preschool:

- Have fresh, clean filtered tap water available at all times and children are encouraged to drink water regularly through the day,
- Children are required to bring their own named drink bottle, and
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviour's

Our preschool:

- Understands and promotes the importance of breakfast for children,
- Teaches the importance of healthy meals and snacks as part of the curriculum,
- Is a breastfeeding friendly site
- Promotes growing and caring for an edible garden



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## **Food supply**

Our kindergarten:

*Has the following guidelines for families for food brought from home;*

### **FRUIT TIME**

Parents and carers are asked to supply fruit and vegetables at fruit time to:

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

**Fresh fruits and vegetables are recommended for fruit time**

### **LUNCH**

- All children require a healthy lunch as per the guidelines which includes a healthy savoury option (eg. Multigrain sandwich/wrap or unsalted crackers etc.)
- Parents are encouraged to follow the above guidelines, and ask staff if they have any issues.
- Please do not include foods high in sugar (e.g. chocolate, muesli bars, roll ups, cake etc.)

## **Food safety**

Our preschool:

- Promotes and teaches food safety to children during food learning/ cooking activities,
- Provides adequate hand washing facilities for everyone,
- Promotes and encourages correct hand washing procedures with children,
- We cook healthy options, and
- Follow Food hygiene guidelines.

## **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:

- Has invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy,
- Invites health professionals to be involved in food and nutrition activities with the children,
- Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as:
  - Newsletters
  - Policy development/review
  - Information on enrolment
  - Pamphlet/Poster displays
- Promotes the alignment of fundraising with the Australian Dietary Guidelines for Children and Adolescents in Australia.
- Work collaboratively with families to develop a shared approach to health eating.
- Will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a year, in accordance with the Healthy Eating Guidelines.