Barmera Kindergarten

Amy Street
Barmera
South Australia
5345
Phone: (08)85882210
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E-mail: dl.6503.leaders@schools.sa.edu.au

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)

Healthy Food Policy

Educators at Barmera Kindergarten 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 educators, parents and the Governing Council, 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 experiences 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 and caring for fruits, vegetables and herbs in our kindy garden.
- 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 tap water available at all times and children are encouraged to drink water regularly through the day,
- Children are required to bring their own labelled drink bottle, and
- Eat in a positive, appropriate, social environment with educators who model healthy eating behaviours.

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 and established fruit trees.

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Food supply – We are an allergy aware preschool
Our kindergarten:
Has the following guidelines for families for food brought from home;
Fruit time/morning snack
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 experiences,
- Provides adequate hand washing facilities for everyone,
- Provides safe storage of children's lunch boxes such as perishable items to be placed in the fridge. Water bottles are placed on the table next to the fridge.
- Promotes and encourages correct hand washing procedures with children,
- We cook healthy options, and
- Follow food hygiene guidelines
- Are unable to heat up food provided by families for children to consume.

Birthday Celebrations
We want to celebrate a child's birthday as we acknowledge that it is such a special time. At Barmera Kindy, we do this by providing a special birthday hat for the child to wear, as well as our group singing Happy Birthday. The birthday child is then able to choose a special birthday surprise from our treasure box (non-perishable items such as textas, pencils glitter pens, stickers etc) The child is given a card from all the educators also. Sometimes parents request if they can bring in some cake or other treats to help celebrate their child's birthday. We discourage this practice as the foods contain high amounts of sugar or could potentially not suit all children due to allergies. As an alternative, families have brought in a sticker to give out instead and this practice is supported by educators.

Food-related health support planning – we are an allergy aware preschool
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 experiences 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

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- Class Dojo
- 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 healthy eating.
- Will ensure a healthy food supply for preschool experiences, 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.

Relevant Resources:

- Australian Dietary Guidelines
- Get Up & Grow: Healthy Eating & Physical Activity for Early Childhood
- Nutrition, Food and Beverages, Dietary Requirements (ACECCQA Guidelines)

Ideas for families of what food to bring to kindy

Healthy Snack – best options for our kindy lunchbox

- Fresh fruit whole, frozen fruit
- Fresh vegetables (raw, cooked, mashed, grated) ie. Capsicum, cucumber, mushrooms, snow peas, sprouts, cauliflower, broccoli, tomato, lettuce, cress, baked potato, corn on the cob
- Cheese: cottage, cream cheese, fruit cheese, cheese sticks
- Chick peas, kidney beans, bean mix, lentils, baked beans
- Tinned/container of fruit in natural juice, dried fruit
- Popcorn – air popped (non-flavoured, no added salt, sugar, fat)

Healthy Kindy Lunch Ideas

- Sandwiches, pita bread, focaccia, flat bread, mountain bread rolled up with sandwich fillings raisin/fruit breads
- Sushi, scones, homemade pizza
- Cracker biscuits, Saladas, Cruskits, Vitawheats, Saos, rice crackers or snacks and rice cakes.
- Small container of yoghurt
- Hard boiled eggs
- Tabouleh, Rice Salad, Pasta (not instant noodles), Couscous
- Cold meats: ham, beef, lamb, pork, chicken, fritz, corned beef
- Vegetable based dips

Unacceptable Foods – Foods high in fat, sugar and salt are not recommended for consumption at kindy

- Sugary sandwich spreads e.g. chocolate spread, hundreds and thousands, peanut butter
- Potato chips, corn chips (Burger Rings, Twisties 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)
- Chocolate or chocolate products (high in fat and sugar)
- Lollies (high in sugar)
- Soft drinks, cordials, flavoured mineral water, flavoured milk (all high in sugar)
- Fruit juice (high in sugar)
- Biscuits (high in fat and sugar)
- Cakes, buns, muffins etc. (high in fat and sugar)
- Nut products of any type.

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Policy agreed by Barmera Educators: **Yes**/No **Date**: 31st July 2025

Procedure Ratified by Governing Council: **Yes**/No **Date:** 31st July 2025

Charmaine Anamaet_____
Chairperson Name and Signature Date

Candice Clark_____
Directors Name and Signature Date