

HEALTHY FOOD AND NUTRITION POLICY

15/05/2014

Policy Statement

Our Kindergarten encourages healthy food and drink choices for children in line with the “Rite Bite” Strategy. We encourage culturally sensitive and inclusive food choices representative of the community, healthy food options are provided for kindergarten activities and events. The Kindergarten participates in promotions and displays and healthy eating.

Rationale

We believe that early childhood is an important time for establishing lifelong healthy eating habit. Healthy eating is essential for growth, development and good health. Healthy eating minimizing diet related illness maximizing wellbeing, high activity levels and a positive engagement in learning.

Kindergarten Curriculum

The program includes:

- Activities that provide children with knowledge, attitudes and skills to make positive healthy food choices
- Learning about the variety of food available for good health
- Opportunities to develop practical food skills like preparing and cooking healthy food
- Use kindergarten watering and gardening to experience growing plants and caring for the environment
- Teaching about composting, recycling, reusing and rubbish
- Integrating nutrition across the Early Years Learning Framework
- Sharing information with families.

Policy Requirement

Kindergarten

- Children will have fresh, clean tap water available at all times
- Eat/drink routinely in morning sessions and lunch times
- Eat as a matter of choice during the afternoon sessions
- Food and drink are consumed in a safe, supportive environment
- Children eat in a positive social environment with staff who model healthy eating behaviours
- Teaches the importance of healthy meals and snacks
- Children have a consistent Lunch Care Educator
- Is a breastfeeding friendly site
- Provides adequate hand washing for children and staff
- Liaise with families and supports children with Health Plans and cultural food
- Conducts policy requirement reviews with Governing Council, families, staff and children every 3 years.

Parents

- To supply healthy food options for children ie fruit, vegetables, cheese, dry biscuits, small sandwiches
- To supply healthy food options for lunchcare children consistent with the Healthy Food Policy
- Lunches to be substantial, nutritious and mainly savory
- No peanut products
- Minimize processed and packaged food for healthier choices
- Zero rubbish collected
- Supply a bottle of clean drinking water for children
- Cold packs to keep food cool during hot weather.

Birthday Celebration

- Children are all included in card making, songs and celebrations for birthday.
- Please do not send gifts or food items for Kindergarten children.

References

“Rite Bite” Healthy Food and Drink Supply Strategy for South Australian Schools and Preschool
DECD Wellbeing Strategy
Dietary Guidelines for Children and Adolescents in Australia
Australian Guide to Healthy Eating
National Quality Standards
www.decd.sa.gov.au/policy/pages/OSPP/policy_index

Endorsed by Staff and Governing Council:
Director – Betty Elsworthy
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