

Karcultaby School Based Preschool Healthy Food Supply and Nutrition Policy

Rationale

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 DECD wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in four ways:

1. Short term: maximises growth, development, activity levels and good health whilst minimising illness.
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 experiences
4. Advice from speech pathologists and dentists indicates that children should be eating crunch foods.

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 curriculum, the Early Years Learning Framework and National Quality Standard where possible, **relating to the learning outcome: 'Children have a strong sense of wellbeing'** and **Quality Area 2: "Children's Health and Safety"**.

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
- are encouraged to bring their own named drink bottle filled with water only
- will eat routinely at scheduled break times
- eat while seated
- 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

Our Preschool will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed foods to no more than twice a term, in accordance with the Healthy Eating Guidelines. We will display nutrition information and promotional materials about healthy eating and provide updates in newsletters.

Food and water supply

Our preschool:

- encourages parents and carers to provide 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** or provided by staff within preschool time:

Fruit Time:

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

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Lunch Time

For lunch, the healthy eating guidelines will be in place.

Parents are encouraged to follow the centre guidelines and ask staff if they have any issues/concerns.

A healthy lunch box might include:

- a sandwich
- fruit
- yoghurt
- veggie sticks
- savoury rice
- hummus
- pita bread
- salad wrap
- rice cakes with savoury filling

Please do not include chocolate, custard, rollups, etc. Please ask staff if you are unsure.

Healthy Snack Time

Parents/caregivers are encouraged to supply foods such as:

- any fresh fruit/vegetables
- cheese
- savoury sandwiches
- air popped popcorn
- dried fruit
- dry crackers

Please note that due to food safety regulations we will discourage heating of any foods for lunch. Items in lunch boxes that are to be refrigerated will be dealt with by preschool staff on a child's arrival. Preschool staff will discourage non-healthy food choices. Food will not be confiscated. Children will be encouraged to eat other health alternatives that they have brought with them. Children will be sent home with a note to inform parents that their food does not fit in with our Healthy Food and Nutrition Policy and Guidelines.

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum (during learning/cooking activities).
- encourages staff to access training as appropriate to the *Right Bite Strategy/Healthy Eating Guidelines*.
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.
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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.
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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 from various sources 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
- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

This Healthy Food and Nutrition policy has been established after consultation with staff and parents within the preschool community.

Note: If the preschool has a child with a serious **food allergy** (eg. nuts), a separate policy for the duration of that child's involvement with the preschool will be developed and communicated to parents and staff.

References:

Eat well SA Schools and Preschools – Healthy Eating Guidelines (2004)

<http://www.decd.sa.gov.au/eatwellsa/files/links/HealthyEatingGuidelines.pdf>

National Quality Standard 2.2 (2011)

<http://acequa.gov.au/national-quality-framework/national-quality-standard/>

Right Bite Food Supply and Nutrition Policy for Preschools – Template (2007)

http://www.decd.sa.gov.au/eatwellsa/files/linksPolicy_Example_Food_Suppl_2.doc

Right Bite Policy (2007)

http://www.decd.sa.gov.au/eatwellsa/files/links/Easy_Guide_Updated_June.pdf

The Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools (2013)

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Endorsed:

To be reviewed: Feb 2018