Risdon Park South Kindergarten
Healthy Food Policy

Staff at this preschool 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 and diabetes
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This food policy has been established in consultation with parents, staff, Nyrstar- local lead smelter (Lead reduction program), Environmental Health Centre.

Curriculum
Our preschool’s food and nutrition curriculum:
- Is consistent with the Australian 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 where possible.
- Is part of the Early Years Learning Framework and NQS.

The Learning environment
Children at our preschool:
- Are expected to bring a water bottle (with water in it) from home to each preschool session. Children will also have fresh, clean chilled filtered tap water available at all times.
- Are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff 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

FRUIT TIME & LUNCH TIME – all food brought from home
Parents and carers are asked to supply appropriate food that:
- Provides children with important minerals and vitamins
- Encourages a taste for healthy foods
- Encourages chewing which promotes oral muscle development

A healthy lunch box might include a sandwich, fruit, yogurt, vegie sticks etc.
Please do not include chocolate, muesli bars, chips, roll ups etc.
Please ask staff if you are unsure.

Our Kindergarten 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 term, in accordance with the Healthy Eating Guidelines.
We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

**Allergy Awareness**
Common foods which cause allergies e.g. **Nuts and all nut products** (Nutella, peanut butter, nut museli bars,) are **NOT SUITABLE** foods for kindy.

**Food safety**
*Our preschool:*
- Promotes and teaches food safety to children during food learning/ cooking activities.
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.
- We cook healthy options and put out the sign ‘What we are cooking today’, for parents info.
- Children are seated and supervised at all times when eating.
- Whenever possible we provide recipes or tastings for families.
- Birthday cakes are permitted with children only receiving a small portion. Candles are blown out on a pretend cake. Parents **must** consult with staff before the event. Children with allergies may bring an alternative option.

**Food-related health support planning**
*Our preschool:*
- Liaises with families to ensure suitable food options for children with health support plans or cultural beliefs and traditions when cooking

**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*.

Endorsed by Governing Council 16\(^{th}\) March 2015

Signed: ___________________________        Signed: ___________________________
          Governing Council Chairperson        Preschool Director

**Review Dates:**
March 2016  Governing Council Chairperson:_____________ Date: / /2016    Director: ______________
March 2017  Governing Council Chairperson:_____________ Date: / /2017    Director: ______________
March 2018  Governing Council Chairperson:_____________ Date: / /2018    Director: ______________
March 2019  Governing Council Chairperson:_____________ Date: / /2019    Director: ______________