



**BAINS ROAD PRESCHOOL
HEALTHY FOOD POLICY**

Updated 26/5/2017

REVIEWED

Background/rationale

In partnership with parents we aim to promote nutritional eating habits in a safe, supportive environment for all children attending our centre. 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 after consultation with staff, parents and a dietician from Southern Primary Health - Woodcroft.

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

The Learning environment

Children at our preschool:

- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day to keep their brain hydrated and assist with concentration (WATER ONLY at Preschool).
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Our curriculum uses an inquiry approach to teach children about what their body needs to be healthy.
- Our vegetable garden is maintained with support from the children.
- Recycling is encouraged.
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Health and physical education is embedded in our curriculum.
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Food supply

Guidelines for food brought from home

1. FRUIT TIME (CHILDREN ATTENDING PRESCHOOL AND OCCASIONAL CARE CHILDREN aged over 2 years):

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

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

Fresh fruits, vegetables or a slice of cheese are recommended for fruit time

We understand that, at times, families may run out of fruit.

A healthy sandwich

(Multigrain or wholemeal bread) with savoury filling or plain unsalted crackers.

FOODS UNSUITABLE FOR PRESCHOOL: packaged foods, carrots (unless cooked or grated), cakes, sweets. Cordials, flavoured water and sweetened fruit juices, fruit boxes and milk.

2. LUNCH TIME

Parents and carers are asked to supply a healthy lunch; a sandwich with multigrain or wholemeal bread with savoury filling, a piece of fruit or vegetable.

When you arrive at kindergarten, please help your child by making sure he/she leaves the morning fruit snacks in his/her bag. Their Lunch box can be placed in the green boxes provided under the sign sheet table. In summer we suggest you place a cold pack with your child's lunch. The lunches are brought inside at the beginning of the day.

Information and promotional materials about healthy eating and nutrition are displayed along with Ideas for a healthy lunch box which are available on the notice board or from staff at kindy.

In accordance with the *Healthy Eating Guidelines* we ensure a healthy food supply for preschool activities and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks at preschool events to no more than twice a term.

Food safety

Our preschool:

- Promotes and teaches food safety to children during food learning activities
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children

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:

- Invites parents and caregivers through our Governing Council 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