

# Healthy Food Supply and Nutrition Policy

*Date: March 2017*  
*Review date: May 2019*

## **Rationale**

This preschool promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australia.

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, activity levels and good health.
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 activities.

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/caregivers are encouraged to supply healthy foods that fit with 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 EYLF framework where possible.

## **The Learning Environment**

Children at our preschool:

- have fresh, clean water available at all times and are encouraged to drink water regularly through the day
- are encouraged to eat routinely at scheduled break times
- eat in a positive social environment with staff who model healthy eating behaviour
- 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

### **Food Supply:**

Our preschool:

- encourages 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
- displays nutritional information and promotional materials about healthy eating.

### **Snack Time/Brain Food:**

Parents/caregivers are encouraged to provide fruit, vegetables, cheese, and yoghurt:

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

### **Lunch Time:**

Parents /caregivers are encouraged to provide healthy food and drink choices in the following ways:

- a healthy lunch box may include sandwiches, fruit, fruit sticks, yoghurt, cheese etc.
- sweet foods are discouraged.
- the centre is allergy aware so nuts and nut products are not allowed.

### **Food safety to minimize risk of infection and spread of germs**

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities
- promotes and encourages correct hand washing procedures with children and staff
- discourages children from sharing food with one another
- staff to wear gloves when handling food.

### **Food related to health support planning**

Our preschool liaises with families to ensure a suitable food supply and support for children with health support plans or specific health/eating issues.

### **Working with families, health services and industry**

Our preschool:

- invites parents /caregivers to be involved in the review of our whole of site healthy food supply and nutrition policy
- provides information to families about the Right Bite Strategy in a variety of ways
- promotes the alignment of fundraising with the Right Bite strategy.

### **Document Review History**

<b>Date</b>	<b>Approved by Governing Council</b>
September 2015	2015 review
July 2016	2016 review
March 2017	2017 review, minor amendments, addition made re discouraging food sharing.
April 2018	2018 review
May 2019	2019 DFE logo changed

Source: Rite Bite Website  
Dietary Guidelines for Children and Adolescents in Australia  
Australian Guide to Healthy Eating