



O'Halloran Hill Kindergarten Nutrition and Healthy Eating Policy

Rationale

We aim to promote nutritional eating habits in a safe, supportive environment for all children in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools*.

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 well-being and this is vital for positive engagement in learning activities.

Therefore:

- Staff at this kindergarten 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 and Healthy Eating Guidelines* for their children at kindergarten.

Curriculum

Our 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 where possible, indulging the *Early Years Learning framework (EYLF)* and *National Quality Standards (NQS)*

The Learning Environment

Children at our kindergarten:

- Are encouraged to access their own (clearly named) water bottle and to drink water regularly through the day
- Will eat routinely at scheduled break times
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours
- Use the kindergarten garden to learn and experience growing, harvesting and preparing nutritious foods.

Our Kindergarten:

- 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
- Welcomes breastfeeding mums

Food Supply

Our kindergarten:

- Encourages healthy food and drink choices for children in line with the *Right Bite Strategy and Healthy Eating Guidelines*
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- 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 session time

Fruit Time:

Parents and carers are to supply fruit and vegetables (packed separately from lunchbox and kept in bag) at fruit time to:

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

Lunch Time:

- The Healthy Guidelines will still be in place
- A healthy lunch box may include a sandwich, fruit, yoghurt, vegetable sticks etc
- Please DO NOT include chocolate, lollies, muesli bars, roll ups etc
- Please DO NOT include foods containing allergens. These can change at anytime and will be displayed in the parent area.

Food and Drink provided to the children:

- Staff will ensure that food provided to children by the kindergarten is in line with the *Right Bite Strategy and Healthy Eating Guidelines*
- Staff will ensure that food supply for kindergarten celebrations and events of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies and soft drinks are strictly limited to no more than twice a term (once preferably).

Food safety

Our kindergarten:

- Promotes and teaches food safety to the children as part of the curriculum
- Encourages staff to access training as appropriate to the *Right Bite Strategy and Healthy Eating Guidelines*
- Provides adequate hand washing facilities and promotes correct handwashing procedures for everyone.
- Children are asked to place lunches in the verandah room fridge to ensure the safety of perishable foods.

Food related health support planning

Our kindergarten:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- Is an allergy aware site.
- If there is a children with a serious food allergy (anaphylaxis) staff will follow DfE Health support Agreement HSP120 for the duration of that child's involvement with the kindergarten in consultation with parents and health professionals.

Working with Families, Health Services and Industry

Our kindergarten:

- Invites parents and caregivers to be involved in the review of our whole site food and nutrition policy
- Provided information to families and caregivers about the *Healthy Eating Guidelines* through a variety of ways including
 - Notes
 - Policy development/ review
 - Information on enrolment
- Promotes the alignment of fundraising with the *Right Bite Strategy and Healthy Eating Guidelines for children and Adolescents in Australia*.

The food that children can eat while they are at kindergarten makes an important contribution to their total daily food and nutrition intake. Kindergartens should promote foods that are consistent with the guidelines. Examples listed below:

Recommended foods	
Bread (wholegrain, grainy, slices, mountain, pita etc)	Breakfast cereals (<10g total fat, ,10-15g sugar, ,400mg sodium, >4g dietary fibre per 100g)
English muffins, crumpets, ricecakes, piklets, raisin bread	Rice, pasta, noodle dishes
Cooked vegetables	Salads
Baked beans	Soups
Popcorn (plain)	Fruit - fresh, tinned (in water or natural juice)
Yoghurt - low fat, plain, served with fruit	Custard
Cheese - hard, yellow and soft white varieties	Lean meats - fish (eg tinned tuna) chicken