



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 Australian Guide to Healthy Eating. The Education and Care Services National Regulations require approved providers to ensure their services have policies in place in relation to nutrition, food and beverages and dietary requirements.

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:

- All staff are responsible for the implementation of this policy and will 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 *Australian Guide to Healthy Eating* for their children at kindergarten.

Curriculum

Our food and nutrition curriculum:

- Is consistent with 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, including 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
- Are encouraged to independently make informed healthy food decisions.
- 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 *Australian Guide to Healthy Eating*
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- 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 any time 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 *Australian Guide to Healthy Eating*
- 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 year

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 *Australian Guide to Healthy Eating*.
- Provides adequate hand washing facilities and promotes correct handwashing procedures for everyone.
- Children are asked to place lunches in the top shed 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 child 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:

- Promotes a healthy lifestyle, including healthy eating and physical activity. We support children and families' understanding about the importance of nutrition and food choices.
- Invites parents and caregivers to be involved in the review of our 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 within the Australian Guide to Healthy Eating.

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

Policy implementation and review

Site manager and staff will monitor and review the effectiveness of the O'Halloran Hill Nutrition and Healthy Eating Policy at least every three years and revise the policy when required. The reviewed policy will be ratified by our Parent Voice Committee.

Legislation

This policy relates to the following National Law and Regulations:

Education and Care Services National Law Act 2010

- Section 167 - Protection from harm and hazards

Education and Care Services National Regulations 2011

- Regulation 77 - Health, hygiene and safe food practices
- Regulation 79 - Dietary requirements
- Regulation 90 - Medical Conditions policy (risk management)
- Regulation 160 - Child enrolment records to be kept by approved provider
- Regulation 162 - Health information to be kept in enrolment record
- Regulation 168 - Policies and procedures
- Regulation 170 - Policies and procedure to be followed
- Regulation 171 - Policies and procedures to be kept available
- Regulation 172 - Notification of change to policies or procedures.

Work Health and Safety Act 2012

National Quality Standards

All of the following sun protection procedures link to:

- Quality area 2: Children's health and safety

There are also links to:

- Quality area 1: Educational program and practice
- Quality area 3: Physical environment
- Quality area 5: Relationships with children
- Quality area 6: Collaborative partnerships with families and communities
- Quality area 7: Governance and leadership