



PARADISE KINDERGARTEN

Healthy Food Supply and Nutrition Policy

Rationale

Paradise Kindergarten promotes safe, healthy eating habits in line with the Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003) and the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Kindergartens. It relates to the Australian Early Years Learning Framework and DfE Wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating Habits. It can benefit the children as good Nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Curriculum

The kindergarten's food and nutrition curriculum:

- is consistent with the Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003) and the Right Bite Healthy Food and Drink Supply Strategy for SA Preschools.
- includes experiences that provide children with knowledge and attitudes to make positive healthy food choices and learn about the variety of foods available for good health.
- integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental learning outcome: 'Children have a strong sense of wellbeing'.

The Learning environment

Children at our kindergarten:

- have access to fresh, clean filtered tap water available at all times and are encouraged to drink water from their own clearly labelled drink bottle regularly through the day especially on hot days.
- Eat routinely in a positive, social environment with staff who model healthy eating behaviours.

Food Supply

The Kindergarten has the following guidelines for families for food brought from home:

Parents and carers are asked to supply fruit/vegetables for:

1. **Brain food time:** Fruit/ vegetables only
2. **Lunch:** Children eat food provided from home, seated at tables with their peers under supervision by staff. Lunchtime is promoted as a positive, relaxed, social eating time. Self-help skills are promoted with children, encouraged to independently manage their food and containers.

Parents and carers are asked to pack **small** serves of nutritious foods in recyclable or sustainable containers. Examples include

- Fresh sandwich or wraps or unsalted crackers with healthy savoury fillings
- Dried fruit
- Cheese

- Salad and or cold meats
- Culturally appropriate food e.g. rice, sushi, pasta, curry & naan bread (Note; staff do not heat food). Parents may place food in a thermos for their child if required



Example of a small serve of brain food and lunch

We are a Nut Aware site! No Nuts can be brought onto site including peanut butter, Nutella and muesli bars, this protects several children from severe allergies.

Please check packaging for this statement” May contain traces of nuts.”

We do not recommend

- Fruit roll ups, Chips, Sweets, Cordial, Chocolate, Cakes, Sweet biscuits, Drinks other than water (e.g. Flavoured milk), Muesli Bars

Food Safety

The Kindergarten

- Encourages staff to access training as appropriate to healthy eating guidelines
- Promotes and encourages correct hand washing procedures with children and staff.
- Supports families to understand the importance of insulating lunch boxes to keep lunches containing food cool. (we are unable to put lunches in the fridge or reheat food for lunch.) We recommend insulated ice bricks for lunchboxes)



Example of an ice brick to keep lunches cool

Guidelines for Children on Special Diets

This food policy provides for special diet needs as per children's individual health plans.

Guidelines for Birthdays

Children's birthdays are celebrated by singing the "Happy Birthday" song. Parents are requested not need to send cakes or other treats to kindergarten.

Working with Families and Health Professionals and DfE

The Kindergarten provides and disseminates information via:

- Newsletters/Booklets
- Policy Development and Review
- Enrolment Information
- Pamphlet and Poster Displays
- Parent information nights
- Speech Pathologists

This Policy has Endorsed and Ratified by Staff and Governing Council 2012. Reviewed 2016. Reviewed 2019 This food policy has been established after consultation with the Governing Council as representatives of the parents within the kindergarten community, to provide children with food and drink that is safe, varied, nutritious and culturally diverse. It is available to all Preschool families and is on the Kindergarten website.