



Rostrevor Kindergarten

Healthy food supply and nutrition policy

National Quality Standard Area 2 | Children's health and safety

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing.

Purpose

Department preschools, children's centres, and kindergartens support healthy choices by promoting healthy eating and physical activity. Learning about healthy lifestyles in the children's everyday routines and experiences is encouraged by this site.

A strong sense of health and wellbeing supported by good nutrition and an active lifestyle provides children with confidence, energy, and optimism that contributes to their ability to concentrate, co-operate, and learn. Learning about healthy lifestyles, including nutrition and physical fitness, is integral to wellbeing and self-confidence.

A copy of this policy is kept in our site's Preschool Policy Compliance folder, which is located in the office.

This policy applies to all staff at this site.

Food curriculum

Our food and nutrition curriculum...

- > Is consistent with the Australian Dietary Guidelines for children and adolescents in Australia.
- > 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.
- > Is integrated into our program and consistent with the Early Years Learning Framework and National Quality Standard.
- > Lunchtime is part of the curriculum and children are encouraged to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.

The learning environment

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in the following ways...

- > Maximises growth, development, activity levels, and good health.
- > Minimises the risk of diet related diseases later in life.



- > Good nutrition contributes to good health and wellbeing, and this is vital for positive engagement in learning activities.
- > Children should be eating crunchy foods (in line with advice from speech pathologists and dentists).
- > Use our garden to learn about and experience growing, harvesting, and preparing nutritious food.

Therefore...

- > Our staff 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 Dietary Guidelines for their children.

Our site...

- > 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

Families are asked to provide healthy food for their child to eat. Lunches are stored inside but are not refrigerated; therefore, cool packs are required and are to be supplied by families. Educators are unable to reheat food. If children require warm food, families need to pack it in a thermos already heated. Please ensure that all lunch boxes, containers, and drink bottles are clearly named.

Morning/afternoon tea/Fruit and vegetable/Snack time

Generally, the less packaging in a lunch box the healthier it is for children. Fresh fruits, vegetables, or a piece of cheese are recommended for fruit time. We understand that from time-to-time families may run out of fruit. A healthy sandwich (multigrain or wholemeal bread) with savoury filling, dried fruit, or plain/unsalted crackers (e.g., Vita wheats) are acceptable. Children will be encouraged to eat their fruit first.

This...

- > Provides children with important minerals and vitamins.
- > Encourages a taste for healthy foods.
- > Encourage healthy food and drink choices.
- > Encourages chewing which promotes oral muscle development.
- > Ensure healthy food choices are promoted and are culturally sensitive and inclusive.

Lunch time

Our healthy eating guidelines apply to lunchtime. We encourage healthy food and drink choices for children in line with the *Australian Dietary Guidelines*, *Get up and Grow: Healthy Eating and Physical Activity for Early Childhood*, and the ACECQA *Nutrition, Food and Beverages, Dietary Requirements*. Parents are encouraged to follow the above guidelines and speak with staff if they have any issues. A healthy lunch box might include a sandwich, wraps, sushi, rice crackers, fruit, yoghurt, cheese, vegie sticks etc. Please do not send chocolate, muesli bars, roll ups, Nutella, lollies, chocolate chip biscuits, buns, muffins, cakes, sweet slices, chips, crisps etc.



Water

Children have fresh, clean water available at all times and are encouraged to drink water regularly through the day. Children are also encouraged to bring their own named drink bottle.

Special occasions and birthday guidelines

Please do not send cakes or other birthday food treats with your child. We accept a fruit platter to share as an alternative option.

Food safety

Our site...

- > Promotes and teaches food safety to children during food learning/cooking activities.
- > Promotes and encourages correct hand washing procedures with children.
- > Cooks healthy options using produce from our kindergarten garden.
- > Does not reheat children's food.
- > Children will sit down to eat together
- > We provide information from health professionals to families and caregivers on the Healthy eating guidelines through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays and the website.

Food and drinks provided to children

- > Children will sit down to eat.
- > Children will not share their food with others.
- > We invite health professionals to be involved in food and nutrition activities with the children.
- > We provide information from health professionals to families and caregivers on healthy eating through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays, and our website.

Guidelines for children with specific dietary requirements

We liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues (e.g., allergies, dietary requirements, diabetes, cultural, and religious etc.). Please speak to staff regarding your child's individual needs.

Allergy aware

It is a requirement that all food provided for your child **does not contain nuts**. At times, there are children enrolled who have an anaphylactic allergy to nuts, eggs, and egg products in particular. This means that there can be serious and even fatal consequences for these children if they come into contact with these ingredients. Parents and caregivers are asked to provide lunchbox foods that do not contain nuts. Products containing 'traces of nuts', which are found on most packaged foods, are generally fine unless there is a child with specific allergy to traces as well. In the case of allergies to eggs, or egg products, notes will be sent out to parents reminding them of the more stringent requirements.



Supporting information and references

- > SA Health food standards (*Food Act 2001*) | <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/legislation/food+legislation/food+legislation>
- > Get up and Grow: Healthy Eating and Physical Activity for Early Childhood - Department of Health and Aged Care | <https://www.health.gov.au/resources/collections/get-up-grow-resource-collection>
- > Australian Dietary Guidelines | <https://www.nhmrc.gov.au/adg>
- > Staying healthy: Preventing infectious diseases in early childhood education and care services (Section 3.5 Food Safety) | <https://www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services>
- > Nutrition, Food and Beverages, Dietary Requirements (ACECQA) | <https://www.acecqa.gov.au/media/32271>
- > Healthy eating for infants, children, and teenagers | <http://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers>
- > Get Up & Grow – resources for Aboriginal and Torres Strait Islander early childhood educators, families, and carers | <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>
- > Nutrition resources for children under 5 | <http://www.wch.sa.gov.au/services/az/other/nutrition/GeneralNutritionforInfantsandToddlers.html>
- > Eat for health – educator guide | [https://www.eatforhealth.gov.au/sites/default/files/files/Copyright update/n55b_educator_guide_140321_1.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/Copyright%20update/n55b_educator_guide_140321_1.pdf)
- > Healthy living resources | <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+living+resources>
- > Supporting children and students with anaphylaxis and severe allergies | <https://www.education.sa.gov.au/schools-and-educators/health-safety-and-wellbeing/specific-health-conditions-and-needs/supporting-children-and-students-anaphylaxis-and-severe-allergies>
- > Preschool policies, procedures, and national regulations | <https://edi.sa.edu.au/operations-and-management/school-preschool-and-fdc-admin/preschool-and-early-childhood-management/required-preschool-policies>
- > Nutrition and dietary requirements in preschool | <https://edi.sa.edu.au/operations-and-management/school-preschool-and-fdc-admin/preschool-and-early-childhood-management/nutrition-and-dietary-requirements-in-preschool>
- > Oral eating and drinking procedure | <https://edi.sa.edu.au/library/document-library/controlled-procedures/oral-eating-drinking-procedure.pdf>



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