



NUTRITION AND FOOD POLICY

Rationale

We believe that it is important to encourage healthy eating and teach children to make healthy food choices. Healthy foods help children to learn, concentrate and build sustained energy for physical activities. We believe that early childhood is an important time for establishing lifelong, healthy eating.

Curriculum

In line with the *SA Right Bite strategy* and the *Early Years Learning Framework for Australia*, our kindergarten program will:

- include experiences that encourage children to develop an understanding of good nutrition and how food affects our bodies
- include opportunities for children to develop practical food skills eg preparing and cooking foods (we encourage parents/carers to come in to the Kindergarten to cook with the children)
- ensure healthy food choices are promoted and are culturally sensitive

The learning environment

Children at our kindergarten will:

- have access to fresh, clean water at all times and are encouraged to drink water regularly through the day
- eat routinely at scheduled break times – morning snack, lunch and afternoon snack
- be provided with a safe, clean and supervised place to eat if they become hungry outside of the scheduled eating times
- use the kindergarten gardening program to learn about and experience growing, harvesting and preparing nutritious foods

Children with allergies and special dietary needs

We ask that families do not send the following foods to Kindergarten at any time: Nuts, nut spreads, muesli bars which contain nuts.

If an enrolled child has a known serious food allergy other than nuts (e.g. eggs) this will be clearly communicated to all families in a variety of ways. A risk assessment will be developed to ensure the safety of children with anaphylaxis.

We will liaise with families to ensure a suitable food supply for children with specific nutritional needs.

"Sometimes" foods

Examples of "sometimes foods" are treats such as sweet custard, fruit sticks, muesli bars, lollies, chocolate, biscuits, chips, cordial and fruit juice. We encourage families to save these treats for consumption at home. If a "sometimes food" is packed, the child will be encouraged to fill up on the healthy "everyday foods" first.

Hints and tips for families

- Discreetly let staff know if your child is a fussy eater
- Pack extra healthy snacks "just in case"
- Keep perishable foods cool with an ice-brick (lunchboxes will be brought inside in warm weather)
- Pack warm foods in thermal containers
- To help reduce landfill, pack foods in reusable containers or pouches

We welcome families to speak to staff if they would like some lunch/snack box suggestions or have any concerns with this policy.

Reference

SA Right Bite strategy

<https://healthy-kids.com.au/school-canteens/canteen-guidelines/sa-right-bite/>