This policy has been established by Victor Harbor Community Kindergarten educators, in accordance with the DECD ‘Eat Well Be Active’ program, dietician from the Southern Fleurieu Health Service, OPAL (Obesity Prevention & Lifestyle) project, ‘EAT A RAINBOW’ program and the DECD Speech Pathologist. It is consistent with the Dietary guidelines for Children and Adolescents document.

Educators aim to promote nutritional eating habits in a safe, supportive and non-judgemental environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. In the short term: Maximise growth, development and activity whilst minimising illness.
2. In the long term: Minimises the risk of diet related diseases later in life
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods

FOOD AND NUTRITION CURRICULUM:

*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 using the “Eat a Rainbow” approach.
* Children will have the opportunity to grow their own food and be involved in the process of food production from the garden to the table.
* Includes opportunities for children to develop practical skills in preparing and cooking healthy food on a regular basis.
* Integrates nutrition across the curriculum where practical
* Includes the principles of the Early Years Framework document
* Includes the principles of the National Quality Standards

THE LEARNING ENVIRONMENT

* Children have fresh, cool filtered tap water available at all times. Educators actively encourage children to drink water throughout the day.
* Parents are asked to supply their child with their own named WATER bottle
* Children are provided with opportunities to eat together as a shared social experience - with educators who model healthy eating food choices and behaviours
* Educators promote the importance of healthy meals and ‘snacks’ as part of the Curriculum

FOOD GUIDELINES AT KINDERGARTEN
FRESH FRUITS/VEGETABLES, DRIED FRUITS AND CHEESE ARE RECOMMENDED

Fruit time: Parents are asked to supply fruit or vegetables for fruit times which will provide children with important minerals and vitamins, encourage a taste for healthy foods, encourages chewing which promotes oral muscle development & speech /sound production.

X foods unsuitable for fruit time: packaged foods (dried fruits excepted) cakes, sweets, chocolates — no nuts or foods which may contain traces of nuts. Also carrot or celery sticks as are a potential choking hazard.
FOOD SAFETY AND HANDLING : LUNCH TIME program –

THE HEALTHY EATING GUIDELINES WILL REMAIN IN PLACE for children who access this program. Parents are welcome to discuss any issues re the policy with the Director. Parents are requested to follow policy guidelines. Please ask for a Good Food package for ideas. Children's lunch boxes are to be kept in the fridge at kindergarten but it is a good practice to include a frozen pack to keep food cool and lessen the chance of bacterial growth on those very hot days.

X foods cannot be heated for children at kindergarten – talk to staff for any concerns

✓ Correct hand washing by children is actively encouraged before eating and/or food preparation – staff must wash hands and when deemed necessary, wear food preparation gloves when handling food.

✓ Safe practices are promoted by all educators at all times.

SPECIAL EVENTS -FAMILY DAYS, END OF TERM CELEBRATIONS

On such occasions a note will come home to ask for healthy choices – fresh salads / vegetables / fruits, fruit in jelly, sandwiches, popcorn, olives (pipped), cheeses and dips. NO NUTS

FOOD-RELATED HEALTH SUPPORT PLANNING

Educators will liaise with families with children with food allergies to ensure safe food when cooking experiences are provided.

CELEBRATING BIRTHDAYS

We encourage an alternative to cakes /party food for children to celebrate their birthday at Kindergarten - e.g. stickers to give out to the group as they say goodbye for the day. We do acknowledge their special day with a pretend cake and sing Happy Birthday to them at group time. They receive a birthday sticker to wear on the day.

SOURCE:

Right Bite : Easy Guide to Healthy Food and Drink Supply - DECD Policy

Eat well be Active Community Program

Review 2016

APPROVED AND CHECKED BY:

AUTHORISED:

VHCK CENTRE DIRECTOR

DATE:

GOVERNING COUNCIL REP.

DATE

GOVERNING COUNCIL REP.

DATE