



Purpose

This policy has been established by Victor Harbor Community Kindergarten educators, in accordance with the following programs:

1. DECD 'Eat well Be Active' program
2. DECD appointed Speech Pathologist
3. Dieticians from the Southern Fleurieu Health Service
4. OPAL (Obesity Prevention and Lifestyle) program
5. 'Eat a Rainbow' program

The policy is consistent with the Dietary Guidelines for Children and Adolescents document.

Procedure

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

1. Short Term goal: maximise growth, development and activity whilst minimising illness
2. Long Term goal: minimise the risk of diet related diseases later in life
3. Ensuring the children are exposed to a variety of crunchy foods while at the centre, as advised by numerous speech pathologists

Food and Nutrition Curriculum

- Includes activities that provide children with the knowledge, attitudes and skills to make positive healthy choices and to learn about the variety of foods available for good health. This will be promoted through the 'Eat a Rainbow' program.
- 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 practicable
- Includes the principles of the Early Years Framework document
- Includes the principles of the National Quality Standards

The Learning Environment

- Children are required to bring a named drink bottle containing water only. Fresh, cool filtered tap water is also available at the centre. Educators actively encourage the children to drink water throughout the day.
- Children are provided with opportunities to eat together with staff as a shared social experience and educators promote healthy food choices and behaviours.
- Educators encourage the importance of healthy meals and 'snacks' as part of the curriculum.

Food Guidelines at Fruit Time

- Fresh fruit, vegetables, dried fruits and cheese are recommended
- Fruit Time: parents are asked to supply fruit or vegetables which will provide children with important vitamins and minerals. This will also encourage a taste for healthy foods and chewing to promote oral muscles development and speech / sound production.
- Foods unsuitable for fruit time include packaged foods (dried fruit is acceptable), cakes, sweets and chocolates.
- **NO NUTS** are to be brought to the centre or food that may contain traces of nuts.

Food Safety and Food Handling – Lunch Time

- The Healthy Eating Guidelines are promoted for lunch time.
- Parents are encouraged to discuss any issues regarding the policy with staff.
- 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 while at the centre. It is recommended that an icepack be included to keep the food cool and lessen the chance of bacterial growth on those very hot days.
- Food **cannot be heated** for children at the centre.
- Correct hand washing by children is actively encouraged before eating and prior to food preparation. Staff must wash hands and wear food preparation gloves as and when deemed appropriate.
- Safe practices are promoted by educators at all times.

Special Occasions

- These include but are not limited to Family Days and End of Term Celebrations.
- On such occasions a note will come home asking parents to provide a plate of healthy food items.
- Examples include: fresh salads, vegetables, fruits, fruit in jelly, sandwiches, cheese and dips.
- Please note: **NO NUTS** are to be used in the preparation of foods to be shared.

Birthday Celebrations

- We encourage alternative choices to cakes and party food for children to celebrate their birthday while at the centre.
- Ideas: stickers to give out to the group as they say goodbye for the day.
- We do acknowledge the child's special day with a pretend cake and sing Happy Birthday at the end of group time.
- A birthday sticker is given to the child to wear on the day.

Food Allergies and Related Health Support Planning

- Please ensure you alert the educators upon enrollment to any food allergies your child may have.
- An up-to-date, signed Care Plan / Action Plan will be required. Please refer to the Children's' Health and Medical Requirements Policy for further information.
- Educators will liaise with parents of children with allergies to ensure safe foods are provided during cooking sessions held at the centre.

Source

- Right Bite: Easy Guide to Healthy Food and Drink Supply (DECD Policy)
- Eat Well Be Active Community Program
- Women's and Children's Hospital Adelaide (www.wch.sa.gov.au)

Approved and Checked

Review 2019

Approved and Checked By:

Centre Director

.....Date

Governing Council Representative

.....Date