



Victor Harbor Community Kindergarten

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Healthy Food and Nutrition Policy

14/6/2019

Updated and amendments made 8/2/2021

Purpose

The purpose of this policy is to ensure that:

- Staff at the kindergarten 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 Right Bite Strategy for their children at kindergarten.

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

1. Right Bite: Easy Guide to Healthy Food and Drink Supply (DfE Policy)
2. DfE 'Eat well Be Active' program
3. DfE appointed Speech Pathologist
4. Dieticians from the Southern Fleurieu Health Service
5. OPAL (Obesity Prevention and Lifestyle) program
6. '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 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, 'Right Bite' posters and appropriate story books.
- 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 Learning Framework document, in particular Outcome 3: 'Children have a Strong Sense of Wellbeing'
- 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. A Right Bite –Healthy Food visual display will be placed on tables at lunch time as a means of promoting healthy eating and discussion with children.
- Educators encourage the importance of healthy meals and ‘snacks’ as part of the curriculum. Children are encouraged to participate in using the Kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods.
- Displays of nutrition information and promotional materials about healthy eating are made available for parents
- Children are educated about not sharing their food with other children due to possible allergic reactions

Food Guidelines

- 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. Cordials and sweetened fruit juices are not recommended.
- **If a child who has an allergy is enrolled or a staff member, then NO NUTS are to be brought to the centre or food that may contain traces of nuts due to any children or staff having allergic reactions. Notices will be displayed and parents will be notified.**
- Please provide food for children in accordance with the DfE “Right Bite –Healthy Food and Drink Strategy”. Sandwich with healthy filling, crisp breads with cheese or alternative, cold meats, salad, yoghurt, muffins, homemade foods.
- Highly salted pre-packaged foods such as chips, burger-rings and twisties, etc. are not recommended
- The Kindergarten aims to promote healthy food and promotes environmental awareness by reducing throw away packaging. (See staff for further healthy lunch box ideas and ways to reduce packaging)
- Please assist children to place lunch box in refrigerator.

Food Safety and Food Handling

- 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 until lunchtime. 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.

- Items from the red food group (Right Bite guide to healthy food and drink supply) will be limited to twice a term (at shared lunches or in cooking experiences with the children)

Birthday Celebrations

- We do acknowledge the child's special day with a pretend cake, birthday sticker and candles, and sing 'Happy Birthday' at some point during the day.
- As many children these days have food allergies, we do not advocate bringing in cakes or party food to share with the children. Please don't feel you need to bring anything in for your child but if you feel you would like to bring in something special to celebrate with the group some suggestions are: stickers, party blowers, a balloon. These are best given out at the end of the day when the children say goodbye. Please speak to a staff member if you would like to bring something different in for your child.

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 DfE 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 (Department for Education Policy)
- Eat Well Be Active Community Program
- NQS Quality Area 2 – Children's health and safety

Approved and Checked

Review 2022 or as required

Approved and Checked By:

Centre Director

.....Date

Governing Council Representative

.....Date