



Victor Harbor Community Kindergarten

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Healthy Food and Nutrition Policy, (Including Food Handling)

Updated 23-2-2023

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 and supported to supply healthy food and drink that fits within the Right Bite Strategy for their children at kindergarten.
 - We will support families by providing education, information and examples of healthy eating.
1. This policy has been established by Victor Harbor Community Kindergarten educators, in accordance with the following programs: 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. Our service recognizes the importance of healthy eating for the growth, development and the wellbeing of young children and is committed to promoting and supporting healthy food and drink choices for children in our care. 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 different foods , including 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.
- Children will not be forced to eat food they do not like or more than they want to eat. As in our 'Eat a Rainbow' Healthy food program children will be encouraged to try different foods but not forced to eat.
- Staff will talk to families about their child's food intake and voice any concerns about their child's eating
- Staff will be aware of children with food allergies, food intolerances, and special dietary needs and consult with families to develop individual management plans
- 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.
- VHCK is a food aware kindergarten, so foods will not be banned. Families will be made aware of food allergens via a note sent home to all families
- Please provide food for children in accordance with the DfE "Right Bite –Healthy Food and Drink Strategy". eg 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)
- Families are asked to 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 and after eating and prior to food preparation. ie using soap, running water and single use disposable towels
- Staff will ensure that food preparation areas and surfaces are cleaned before and after food preparation
- Staff must wash hands and wear food preparation gloves when engaged in any food related experiences eg. Daily fruit times, cooking activities, Eat a Rainbow Program
- Safe practices are promoted by educators at all times.

Storing Food

- ensure the refrigerator and freezer has a thermometer and that the refrigerator is maintained at 5 °C or below and the freezer is maintained at -17°C or below
- ensure fridge and freezer temperatures are checked daily

Cleaning

- ensure refrigerators and freezers are cleaned regularly and door seals are checked and replaced if not in good repair
- ensure that floor mops are thoroughly cleaned and air dried after each use
- replace any cleaning equipment that shows signs of wear or permanent soiling

Birthday Celebrations

- We do acknowledge the child's special day with a pretend cake, birthday sticker and candles, and sing 'Happy Birthday' at one of our mat times 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 Department for Education 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.
- Children who are allergic to foods will have their photo on the medical board in the kitchen and staffroom.

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
- Department for Education - The Early Years Learning Framework

Legislation requirements

- Regulation 77 Health, hygiene and safe food practices
- Regulation 78 Food and beverages
- Regulation 79 Service providing food and beverages
- Regulation 90 Medical conditions policy
- Regulation 91 Medical conditions policy to be provided to parents
- Regulation 160 Child enrolment records to be kept by approved provider and family day care educator
- Regulation 162 Health information to be kept in enrolment record
- Regulation 168 Education and care service must have policies and procedures
- Regulation 169 Additional policies and procedures – family day care services
- Regulation 170 Policies and procedures to be followed
- Regulation 171 Policies and procedures to be kept available
- Regulation 172 Notification of change to policies or procedures

Approved and Checked

Review 2024 or as required

Approved and Checked By:

Centre Director

.....Date

Governing Council Representative

.....Date

POLICY REVIEWED	February 2023	NEXT REVIEW DATE	February 2024
21-2-2023	• Made sure legislations were all included		

	<ul style="list-style-type: none"> • Changed the word banned and changed to aware • Took out families bringing in food, as we don't promote this at the kindergarten due to Food allergens and covid. 	
POLICY REVIEWED	PREVIOUS MODIFICATIONS	NEXT REVIEW DATE