

Healthy Food Supply and Nutrition Policy

Rationale

This preschool promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* and relates to the DECS wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
Therefore:
 - staff at this preschool 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 preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- 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
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Early Years Learning Framework for Australia (EYLF) where possible, **relating to the Developmental learning outcome: 'Children have a strong sense of wellbeing'- Children take increasing responsibility for their own health and physical wellbeing.**

The Learning environment

Children at our preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

Food supply

Our preschool:

- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by staff within preschool time:

Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food-related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry

Our preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.
- The children and staff have regular contact with our local Nutritionist who shares take home packs for families, cooking experiences with the children and information for families.

The staff at Frieda Corpe Kindergarten thank you in advance for your support of this policy.

We expect Families to provide healthy lunch boxes at Frieda Corpe Kindergarten to provide children with the nutrients that they require for an active day at Kindy. Junk food (“sometimes foods”) e.g. confectionary – sweets, lollies, cake, chocolate, chips, cordial, soft drink are not suitable to bring as are very high in sugar and salt.

Below are some examples for lunch box ideas. There are copies of the Australian guide to healthy eating in our parent resources or ask staff for further information.



NO

Confectionary, Chips, Chocolate
Sweet biscuits, Lollies, Soft
drinks, cordial, cake.

NO Foods containing nuts as we
have children that have
anaphylactic (life threatening)
reactions to foods containing nuts.
E.g no muesli bars, peanut butter,
nutella, nuts or foods that say
contain traces of nuts.

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this policy.

Kids Healthy Recipes

Feeding kids can often be difficult but it doesn't have to be. We've put together a range of delicious and nutritious kids healthy recipes including mains, lunch box ideas and snacks. You'll also find interesting articles on health and nutrition and seasonal ingredients.

[READ MORE: taste.com.au](http://taste.com.au)



Lunchbox tips

Photography by Ben Dearnley

PLANNING

Encourage your child to help pack their lunch e.g give them a choice out of the foods you already have at home. Would you like to take your cucumber or banana for kindy today?

To avoid your child becoming overwhelmed, talk them through what foods to eat from the lunchbox at the different times of the day. E.g This is your fruit for fruit time and these are for lunch time.

A hand written message on a post it in your child's lunch box is a lovely way to send a special message to your child. E.g

Dear.....

Have a happy day. Enjoy your yummy lunch. Lots of Love Mummy xxx

EXTRAS

Practical tips

- Include a frozen bottle of water during summer. It will still be cold at lunchtime and keep the food cool too. Insulated lunchboxes are perfect for keeping food cold with an ice brick.
- During hot weather, avoid milk, yoghurt, fish or meat in lunches, unless they are packed in a good-quality cooler with an ice pack/frozen water bottle (to prevent food poisoning).
- Wash and dry salad vegetables thoroughly to avoid 'soggy sandwiches'.
- Don't forget a spoon when packing yoghurt or tubs of fruit (otherwise it will end up on the floor or on your child's clothes).
- For busy families, prepare lunchboxes and sandwiches the night before and store them in the fridge to ensure your child always has a healthy lunch with them.
- Wash, rinse and thoroughly dry lunchboxes after every use to keep them safe and clean.

FRUIT

Fruit is an important part of lunchboxes. Include two pieces. a **small** piece of fruit or a container of chopped fresh fruit is quick and easy for kids to eat.

- Try these combinations:
- Combine chopped apple and oranges in a container. The orange will help prevent the apple going brown
- Make a fruit salad with any combination of apple, orange, watermelon, strawberries, rockmelon, grapes and pineapple. Store in an airtight container in the fridge and use within 3 days

EVERYDAY SNACKS

Everyday snacks you can add to lunchboxes include: e.g one of the following

- Fresh or canned fruit
- Corn or rice cakes
- Yoghurt
- Fresh Vegie sticks or wholemeal crackers with dips such as hommus or guacamole
- Fruit loaf
- Dried fruit
- Cheese cubes
- Plain popcorn
- Savoury Muffin

Increase your child's daily fruit or vegetable intake by adding carrot, zucchini, pumpkin, banana, apple or dried fruits to healthy muffin or cake mixtures.

SANDWICHES

Try a variety of fillings at home to see what your child will eat when they are at kindy e.g

- Chicken mixed with a little mayonnaise or cream cheese
- Spreads such as Vegemite, (honey or jam- occasionally)
- Cold meats such as ham, roast beef or turkey
- Mashed or finely chopped egg mixed with a little mayonnaise
- Cheese and vegemite

LEFTOVERS

Leftover dinners are great to pack for lunches. Kids love homemade pizzas, stir-fries, vegetable bakes or slices. A small piece of frittata or lasagna also makes a tasty lunch.

WATER TO DRINK

Please provide you child with a drink bottle that they can independently manage themselves without having to take off a lid which causes spillages. Water should be the drink of choice. Fruit juices, cordials, flavoured waters and soft drinks are very high in sugar and should not be consumed on a daily basis and are not permitted at Kindy.