



## 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 Department for Education Healthy Eating Guidelines.

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
- incorporates growing and harvesting from our preschool garden with visits from Greenhill Living
- includes sustainable practices
- integrates nutrition across the EYLF framework where possible, **relating to the Developmental learning outcome: 'Children have a strong sense of 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. Children are asked to bring a named water bottle and staff supply cups of water on the occasions where water bottles are forgotten. A water 'bubbler' is available.
- 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 nut aware
- 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
- displays **nutrition information** and promotional materials about healthy eating

Parents and carers are encouraged to supply fruit and vegetables or a healthy snack ie yoghurt, cheese at fruit/snack time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.
- parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy

## **Food safety**

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.
- Promotes nut awareness

## **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.
- ensures all staff are aware of health issues related to food & this is taken into account with any cooking or food related activities

## **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

For further information and recipe ideas, families are encouraged to go to the Right Bite Website.

Reviewed July 2021

Date of Next Review July 2024