

Healthy Food & Nutrition Procedure



Rationale

The 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 DECD wellbeing strategy.

Early childhood is an important time for establishing lifelong, healthy eating habits that benefit 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.

1. TITLE

Healthy Food and Nutrition Policy

2. PURPOSE

- Ensure consistency with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating and in line with the Right Bite strategy.
- Incorporate healthy food choices that are inclusive and culturally sensitive.
- Promote responsibility and decision making regarding healthy food choices.
- Incorporate opportunities to prepare and cook healthy food.
- Provide and promote regular drinking of water.
- Incorporate eating at scheduled break times where food is consumed in a positive social environment.
- Adults model healthy eating behaviours whilst engaged in programmes.
- Provide the experience of growing, harvesting, preparing and consuming nutritious foods.
- Promote the importance of healthy breakfast and regular meals.
- Provide information to support healthy eating.
- Incorporate food safety throughout programmes.
- Provide opportunities to develop safe food handling skills.
- Provide hand washing facilities.
- Promote correct hand washing procedures with children and adults.

3. SCOPE

Working with Families, Health Services and Industry

- Parents and caregivers are key to the successful outcomes of the healthy food and nutrition policy of the Preschool.
- Health professionals deliver programmes at the Preschool and within the local community.
- There is a wide range of resources available to support Healthy Eating at the Preschool.
- Fundraising will align with the *Right Bite* strategy.

4. OBJECTIVES

Elizabeth Vale Preschool provides a safe supportive environment where all educators support children through the provision of healthy food and the availability of water and by being positive role models. For example- fresh fruit is available for children on Wednesday for shared fruit times.

5. POLICY DETAILS

5.1 FOOD SUPPLY

Food is supplied by families or caregivers on an everyday basis for snack and lunch.

The preschool provides food when it is a part of the program or when the children do not have adequate or appropriate snack/lunch.

Special events may include families bringing food to share.

5.2 SNACK TIME

Fruit and vegetables are the preferred option. Drink- water only.

5.3 LUNCH TIME

Suggested preferred options- sandwich/wraps filled with meat, cheese, salad, spreads (no nuts).

- salads, sushi, quiche, frittata, rice, noodles.
- fruits, yoghurt.
- drink- water only.

Water is encouraged at all times. A named water bottle must be sent from home with the child every day. Cups of water are provided if required.

5.4 SPECIAL EVENTS

Throughout the year the preschool may hold special events to celebrate significant and/or cultural days. The diversity of the community will result in the provision of and sharing of a wide range of traditional foods. Guidelines that restrict these celebrations may be exempted on these occasions. However, all restricted foods i.e. nut and nut products, will still be exempt.

5.5 BIRTHDAY CELEBRATIONS

Whilst it is our intention to acknowledge and celebrate children's birthdays this will not include a cake, but rather a song and a special certificate.

5.6 SUPPORT PLANS- FOOD RELATED

Health support plans will be implemented with children who have additional needs relating to diet. Additional response plans will consider emergencies and treatment for potential risks.

N.B. ALL NUTS AND NUT PRODUCTS ARE PROHIBITED AT ALL TIMES AT THE PRESCHOOL.

6. MONITORING, EVALUATION AND REVIEW

Oversight: Julie Murphy Principal

Implementation: All Educators

Monitoring: Elizabeth Vale Preschool Educators

Supporting Documents

Right Bite Policy from Department of Education and Child Development

<http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbite/>

Easy Guide to Health Food and Drink Supple for S.A. Schools and Preschools

Policy Implementation – September 2015

Policy Ratified – September 2015

