

WUDINNA RSL MEMORIAL KINDERGARTEN

Policy: HEALTHY FOOD SUPPLY AND NUTRITION POLICY

REVIEWED/APPROVED BY GOVERNING COUNCIL May 2021

At Wudinna RSL Memorial Kindergarten we believe that adopting healthy eating habits early in life is important. This enables children to develop optimally, and set themselves up to carry healthy habits into adulthood. Therefore, part of our program includes learning about and encouraging healthy eating.



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.

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

- *Short term: maximises growth, development, activity levels and good health.*
- *Long term: minimises the risk of diet related diseases later in life.*
- *Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning experiences.*

Therefore:

- Educators 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 educators and parents within the preschool community.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children in Australia*, and the *Australian Guide to Healthy Eating*
- Includes experiences 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 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
- eat in a positive, social environment with educators who model healthy eating behaviours

Our preschool:

- 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.

Fruit and vegetable supply:

Parents and carers are encouraged to supply fruit and vegetables 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:
- Educators 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 Educators 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 educators.

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 Food Supply and Nutrition Policy through Governing Council.

Note: If the preschool has a child with a serious **food allergy** (eg. nuts), a separate Allergy Aware document will be enacted for the duration of that child's involvement with the preschool and will be communicated to parents and educators.