



## NUTRITION – HEALTHY EATING POLICY

### Rationale

Agnes Goode Kindergarten 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.

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

### Curriculum

Agnes Goode Kindergarten'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 (EYLF) where possible, **relating to the Developmental Learning Outcome 3: 'Children have a strong sense of Wellbeing'**

### The Learning environment

Children at Agnes Goode Kindergarten:

- 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, when possible

Agnes Goode Kindergarten:

- 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

### **Snack 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**

Agnes Goode Kindergarten:

- 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**

Agnes Goode Kindergarten:

- 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**

Agnes Goode Kindergarten:

- 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.

*Note: If your child has a serious food allergy (eg. nuts), a separate policy for the duration of that child's involvement with the preschool will be developed and communicated to parents and staff.*

Below are related documents for further information:-

<http://www.decd.sa.gov.au/docs/documents/1/theEasyGuidetoHealthyFood.pdf>

**REVIEWED: APRIL 2014**

**DATE FOR NEXT REVIEW: TERM 1 2016**

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