

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

- Maximizing growth, development and activity whilst minimising illness.
- Minimising the risk of diet related diseases later in life.

Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

**We will provide a learning environment and curriculum which support this by:**

## Curriculum

Our Preschool's food and nutrition curriculum: is consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*.

## The Learning Environment

Children at our Preschool:

- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring their own named drink bottle.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Staff at our Preschool promote:

- Nutritional eating habits in a safe and supportive environment.
- The importance of breakfast for children.
- The importance of healthy meals and snacks as part of the curriculum.

## Working with families

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

We provide information in regard to the "*Healthy Eating Guidelines*" to families and caregivers via:

- Newsletters
- Policy development/review
- Information on enrolment
- Pamphlet/Poster displays

## PRESCHOOL EATING TIMES

### Fruit snack times

Fresh fruits, vegetables or a slice of cheese are recommended as these foods:

- Provide children with important minerals and vitamins.
- Encourages taste for healthy foods.
- Encourages chewing which promotes oral muscle development.
- Encourages ongoing good food choices.

### Lunch times

A healthy lunch box might include a sandwich, fruit, yoghurt, veggie sticks, cheese, crackers etc.

Water bottles should only contain water.

### UNSUITABLE FOODS

Packaged foods. Foods with high sugar content.  
eg: chips, cakes, sweets, chocolate, roll ups, muesli bars.  
Cordials and sweetened fruit juices are not recommended.

## During Preschool Special Activities

The staff will ensure a healthy food supply for all activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, which is in accordance with the "Healthy Eating Guidelines".

**WE ARE A NUT FREE ZONE**

**As we have children who have life threatening allergies to nuts and nut products.**