

We believe: That Early Childhood is an important time for establishing lifelong, healthy eating habits which will benefit the children both in the short term and the long term.
Healthy eating maximises growth and development.

This policy and curriculum is informed by:
Right Bite "Healthy food and Drink Supply Strategy for South Australian School and Preschools"
Dietary Guidelines for Children and Adolescents in Australia
The Australian Guide to Healthy Eating

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

ENCOURAGING HEALTH EATING

- Staff modelling healthy eating behaviours.
- Encouraging children to try different foods.
- Growing and eating vegetables from the school garden.
- Incidentally by using the language of 'sometimes' and 'everyday' food as part of our learning and reinforcing the importance of achieving a balanced diet.

Providing safe and sociable eating times where children are encouraged to:

- practice independence
- discuss healthy foods

Identifying and managing food allergies:

- Discussing allergies and foods which cannot be bought to preschool on enrolment, continually monitoring foods brought and following up if needed.
- Informing all staff including relievers.
- Displaying photos and information in a discreet place.
- Providing a nut free site.
- Communicating life threatening allergies with our preschool community.
- Ensuring health plans are updated.
- Ensuring medication is in date and accessible.
- The staff team have first aid and anaphylaxis training to 'National Quality Standards' requirements.

Consulting and supporting parents.

By communicating and reinforcing our policies and intentions in conjunction with the *Right Bite* strategy and the Australian Dietary Guidelines for children and adolescents which emphasise:

Enjoy a wide variety of nutritious foods.

Eat plenty of breads, cereals, vegetables and fruits.

Include dairy products such as milk, cheese and yoghurt.

Eat foods that are low in saturated fat.

Balance food intake with physical activity.

Eat only moderate amounts of sugars and foods containing added sugars.

Choose low salt foods and use salt sparingly.

Promoting food safety:

- Providing adequate hand washing facilities for both teachers and students.
- Teaching correct hand washing procedures prior to eating.
- Providing suitable storage facilities for the children's lunches and snacks ensuring they remain cool.

Providing water:

- Ensuring children have clean, filtered water available.
- Encouraging children to drink water regularly.
- Encouraged families to provide a named drink bottle filled with water.