



HEALTHY EATING POLICY

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.

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*.
- Provides 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.
- Is integrated across the curriculum.
- Is part of the Early Years Learning Framework and NQS.

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.

Our preschool has the following guidelines for food brought from home:

WE ARE A NUT FREE ZONE

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

FRUIT/ SNACK TIME

Fresh fruits, vegetables or a slice of cheese are recommended for fruit time

Parents and carers are asked to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development

UNSUITABLE FOODS FOR FRUIT TIME

packaged foods, cakes, sweets.

Cordials and sweetened fruit juices are not recommended.

LUNCH CARE PROGRAM.

For children who access our lunch care program.

- A healthy lunch box might include a sandwich, fruit, yoghurt, vegie sticks etc.
- Please do not include chocolate, muesli bars, roll ups etc.
- Please ask staff if you are unsure.

Our preschool 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 will Display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Our preschool:

- Promotes and teaches food safety to children during food activities.
- Encourages staff to access training as appropriate to the "*Healthy Eating Guidelines*"
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children.

Food-related health support planning

We liaise 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

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

This policy is supported by “Eat Well SA School and Preschools: Healthy Eating Guidelines” Dept of Education and Child Development”