

## Food and Nutrition Policy

### Rationale

South Port Kindergarten promotes safe, healthy eating habits. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

1. Short term: Maximises growth, development and activity whilst minimising illness
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 and parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** guide for their children at preschool. Food and drink are consumed in a safe, supportive environment for all children

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

**Parents and Caregivers:** the following information is provided to families:

Parents and carers are encouraged to provide healthy food and drink choices. This includes

1. A healthy morning and afternoon snack, such as fruit, vegetables or dairy
2. A healthy lunch box
3. A drink bottle filled with water

Parents and carers are encouraged to supply food from the following five food groups and the Right Bite Guide (Source: Australian Guide to Healthy Eating/ Right Guide)

1. Vegetables
2. Fruits
3. Breads & cereals (preferably wholegrain with grainy bits you can see)
4. Dairy (choose reduced fat most times)
5. Meat, fish, poultry & alternatives (beans & legumes, eggs, and tofu)

To:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.
- Help children concentrate, play and enjoy their day.

The Right Bite Food and Drink Spectrum uses a colour spectrum that extends from GREEN to AMBER to RED. It shows where food and drink fit according to their nutritional value.

**GREEN foods** (every day) are the best everyday choices for schools and they should make up the majority of the food in your child's lunch box. These foods are excellent sources of nutrients and

typically reflect the five food groups in the Australian Guide to Healthy Eating, including fruit, vegetables, lean meats, grains and dairy.

**AMBER foods** (select carefully) should be limited. These items are mainly processed foods that have had some fat, sugar or salt added to them. Select these foods carefully and avoid larger serve sizes.

**RED foods** (occasionally) are discouraged at South Port Kindergarten. These foods are not essential for a healthy diet because they are typically high in kilojoules, saturated fat, added sugars and salt and can contribute excess energy.

Examples of GREEN, AMBER and RED foods
<b>GREEN</b> <ul style="list-style-type: none"><li>○ Fruit (fresh, dried and canned in natural juice), legumes (e.g. chickpeas and baked beans) and vegetables</li><li>○ Bread, plain rice, pasta and noodles</li><li>○ Whole grain breakfast cereals</li><li>○ Reduced fat dairy foods (milks, yoghurts, cheeses and custard)</li><li>○ Lean meat, poultry, fish and egg</li><li>○ Water</li></ul>
<b>AMBER</b> <ul style="list-style-type: none"><li>○ Full fat dairy foods</li><li>○ Processed meats (ham, chicken roll, corned beef, fritz)</li><li>○ Margarine, mayonnaise, dressings and oil</li><li>○ Spreads, sauces and gravy</li><li>○ Some fruit juices (99% fruit juice and 250ml or less)</li><li>○</li></ul>
<b>RED</b> <ul style="list-style-type: none"><li>○ Soft drinks, energy drinks, sports drinks, flavoured mineral waters, sports waters, cordials, iced tea and fruit drinks</li><li>○ Drinks containing caffeine or guarana (e.g. energy drinks or coffee milk)</li><li>○ Artificially sweetened food and drink - all types</li><li>○ Confectionery - all types</li><li>○ Deep fried foods - all types</li><li>○ Icy poles and ice crushes (all types) unless 99% or fruit juice and 250ml or less)</li></ul>

Educators at South Port Kindergarten encourage families to pack a Nude Lunch box to limit packaged foods and promote sustainable practices.

### Curriculum

Our preschool'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 where possible, relating to the Learning Outcome 3: Children have a strong sense of wellbeing and Outcome 2: Children develop a strong sense of wellbeing.

- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food.
- Understands the importance of breakfast and regular meals for children.

### The Learning environment

#### Children at South Port Kindergarten

- Parents/ caregivers provide children with a drink bottle filled with water, and fresh, clean tap water is available to refill drink bottle. Children are encouraged to drink water regularly throughout the day.
- Actively promote daily fruit and vegetable consumption.
- Are offered food and water on a regular basis throughout day, appropriate to the needs of each child.
- Eat routinely at scheduled break times, this includes morning snack time, lunch break and afternoon snack time.
- 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
- 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
- Have healthy food choices that are culturally sensitive and inclusive
- Display nutritional information and promotional materials about healthy eating including information from the Right Bite Guidelines
- South Port Kindergarten is a breastfeeding friendly site

### To ensure Food Safety our Preschool

- Provides adequate handwashing facilities for everyone
- Promotes and encourages correct handwashing procedures with children and staff.
- Parents/ caregivers should pack children's lunch in an insulated lunch box with an ice pack, which is then stored inside the air-conditioned building.
- Staff do not reheat children's lunch brought from home.
- When sharing food (e.g., cooking experience, shared fruit etc.) children are encouraged to use tongs.
- Site leader liaises with families to ensure a suitable food supply for children with Health Support Plans that are related to food issues.
- Informs families of the potential health risks to children with allergic reactions to nuts and other foods – **No nut spreads or nut products are to be consumed at preschool and if packaged or processed foods are sent to kindy ensure that they do not contain nuts (this includes Nutella or muesli bars)**

### Our preschool:

- 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, and pamphlet/poster displays

### Related documents

- Australian Government Department of Health and Ageing – Get up and Grow Healthy Eating & Physical Activity for Early Childhood.

- Right Bite - <https://healthy-kids.com.au/food-nutrition/nutrition-philosophy>
- National Quality Standard 2.2 Healthy eating and physical activity are embedded in the program for children.
- Education and Care Services National Regulations
  - **168 – Educational and care service must have policies and procedures**
  - **77 Health, hygiene and safe food practices**
  - **Regulation 78 Health, Safety and wellbeing of children**
  - **Regulation 79 Service Providing food and beverages**
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Endorsed by Governing Council: 12/08/2021

Chairperson: Mark Wooding

Director: Carly Smith

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