



## Food and Nutrition Policy (appendix)

**Department Policy Reference:** Please note, this policy and procedure appendix must be read in conjunction with and compliments the Department's nutrition and dietary requirements in preschool, and related policies and documents, and should be referenced collectively.

### **Rationale**

South Port Kindergarten promotes safe, healthy eating habits in line with the Right Bite Guide for South Australian Schools and Preschools and relates to the Department for Education Wellbeing for Learning and Life Framework. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

- ❖ Short term: maximises growth, development, activity levels and reduces illness.
- ❖ Long term: minimises the risk of diet related diseases later in life.
- ❖ Good nutrition contributes to good health and wellbeing. This is vital for regulating the body and is linked with positive engagement in learning activities.

Therefore:

- Staff model and encourage healthy eating behaviours.
- Food and drink are consumed in a safe, supportive environment for all children.
- Parents/caregivers are encouraged to supply foods that fit within the *Right Bite Guide*.

We recognise parents/caregivers as their child's first and most important educator and therefore acknowledge and respect their individual food values and preferences.

### **Curriculum**

South Port 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 healthy food choices and learn about the variety of foods available for good health.
- Provides opportunities for children to develop practical food skills such as preparing and cooking healthy food, ensuring that individual medical and cultural needs are met.
- Understands the importance of breakfast and regular meals for children.

### **The Learning Environment**

Children at South Port Kindergarten:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day.
- Eat routinely at scheduled break times (approx. 10am, 12pm, 2:30pm).
- Eat in a positive, social environment with staff who model healthy eating behaviours.

- Use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods.

South Port Kindergarten:

- Provides positive encouragement 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 as part of the curriculum.
- Is a breastfeeding friendly site.

### **Food supply**

Parents/caregivers are encouraged to:

- Provide healthy food and drink choices in line with the *Right Bite Guide*.
- Pack a nude lunchbox to limit packaged foods and promote sustainable practices.

This includes a range of foods from across the five food groups:

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.
- Sustain energy levels across the day (to concentrate, play and enjoy the day).
- Encourage a taste for healthy foods.

The chewing action that comes from eating a variety of foods (such as soft or crunchy) is also important in the development of children's speech. Very fine coordination of the tongue, lips, jaw and palate is necessary for the production of the many different sounds we make when talking.

South Port Kindergarten will:

- Ensure that food and drink provided by the kindergarten as part of curriculum activities and events (such as end of year celebrations) is in line with the *Right Bite Guide*.
- Promote individual food preferences and values in culturally sensitive and inclusive ways.

**Children's Birthdays/Celebrations:** Staff are often asked by parents/caregivers if they can bring in a treat to share for their child's birthday. We understand how special birthdays are celebrate these in other, non-food related ways (such as singing "Happy Birthday"). This supports staff to meet the health and safety needs of all children and ensures compliance with this Food and Nutrition Policy.

Please do not supply chocolates, cupcakes, candy canes, etc.

**The Right Bite Guide** was developed as a result of the Eat Well SA Healthy Eating Guidelines for Schools and Preschools to ensure that healthy food and drink choices are provided and promoted in South Australian preschools and schools. It 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 choices for kindergarten and they should make up the majority of food in your child's lunchbox. These foods are excellent sources of nutrients and typically reflect the five food groups of: fruit, vegetables, grains dairy, lean meats & alternatives.

**AMBER foods** (select carefully) should be limited (and eaten in moderation). These items are mainly processed foods that have had some fat, sugar or salt

added to them.

**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.

<b>Examples of GREEN, AMBER and RED foods</b>
<b>GREEN</b> <ul style="list-style-type: none"><li>○ Fruit (fresh, dried and canned in natural juice)</li><li>○ Vegetables &amp; legumes (chickpeas and baked beans)</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 or 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></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>○ 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>

**To ensure food safety at South Port Kindergarten, staff will:**

- Provide adequate handwashing facilities for everyone.
- Intentionally teach children correct handwashing procedures (visual displays in bathrooms).
- Communicate with parents/caregivers about packing children's lunch in an insulated lunch box with an ice pack, which is then stored inside the air-conditioned building.
- Not reheat children's lunch brought from home.
- When sharing food (e.g. cooking experiences or shared fruit) children must use tongs.
- Liaise with parents/caregivers to ensure a suitable food supply for children with Health Support Agreements that are related to food issues (responsibility of site leadership).
- Inform parents/caregivers of the potential health risks to children with allergies to nuts and other foods - **No nut products (including peanuts) are to be consumed at this kindergarten.**

**Working with families, health services and industry**

South Port Kindergarten:

- Has invited parents/caregivers to be involved in the review of this food and nutrition policy.
- Invites health professionals to be invited in food and nutrition activities with children.
- Promotes the alignment of fundraising with the Australian Dietary Guidelines for Children and Adolescents in Australia.

**Related Reference 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>
- Department for Education Wellbeing for Learning and Life Framework.
- SA Health Food Standards (Food Act 2001)

- Staying Healthy: Preventing Infectious Disease in Early Childhood Education and Care Services (Section 3.5 Food Safety)
- Oral Eating and Drinking Procedure (Department for Education)
  
- National Quality Standard 2.2
- 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

**Sources:**

Department for Education related policies and procedures as listed above  
 South Port Kindergarten children (children's voice/consultation where appropriate)

South Port Kindergarten families and community users

South Port Kindergarten qualified teachers and educators / staff team

South Port Kindergarten Governing Council

**Approved by Governing Council: 07/12/2022**

**Chairperson: Louise Mallabar**

**Approved by Director: Marissa Neeb**

***Next review date: December 2023***