

## **Healthy Food Supply and Nutrition Policy**

National Quality Standard Area 2 | Children's health and safety

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing.

### **Purpose**

Department preschools, children's centres, and kindergartens support healthy choices by promoting healthy eating and physical activity. Learning about healthy lifestyles in the children's everyday routines and experiences is encouraged by this site.

A strong sense of health and wellbeing supported by good nutrition and an active lifestyle provides children with confidence, energy and optimism that contributes to their ability to concentrate, co-operate, and learn.

Learning about healthy lifestyles, including nutrition and physical fitness, is integral to wellbeing and self-confidence

This policy applies to all staff at this site.

### **Food curriculum**

- Our food and nutrition curriculum...
- Is consistent with the Australian Dietary Guidelines for children and adolescents in Australia.
- 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.
- Is integrated into our program and consistent with the Early Years Learning Framework and National Quality Standard.
- Lunchtime is part of the curriculum and children are encouraged to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.

### **The learning environment**

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in the following ways...

1. Maximises growth, development, activity levels and good health
2. 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
4. Children should be eating crunchy foods (in line with advice from speech pathologists and dentists)

5. Use our garden to learn about and experience growing, harvesting, and preparing nutritious food

Therefore...

- Our staff model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply healthy foods that fit within the Australian Dietary Guidelines for their children

Our site...

- Provides rewards/encouragements 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 and snacks as part of the curriculum
- Is a breastfeeding friendly site

### **Food supply**

Families are asked to provide healthy food for their child to eat. Lunches are stored inside but are not refrigerated; therefore, cool packs are recommended and are to be supplied by families. Educators are unable to reheat food. If children require warm food, families need to pack it in a thermos already heated. Please ensure that all lunch boxes, containers, and drink bottles are clearly named.

### **Morning/afternoon /Fruit and vegetable/Snack time**

Generally, the less packaging in a lunch box the healthier it is for children. Fresh fruits, vegetables or a piece of cheese are recommended for fruit time. We understand that from time-to-time families may run out of fruit. A healthy sandwich (e.g., multigrain, or wholemeal bread), with savoury filling, dried fruit, or plain unsalted crackers (e.g., Vita wheats) are acceptable. Children will be encouraged to eat their fruit first.

On some occasions parents and guardians may be asked to supply a piece of fruit or vegetable for a shared fruit time. The children may assist parents and educators to prepare the platters of fruit or vegetables.

This...

- Provides children with important minerals and vitamins
- Encourages a taste for healthy foods
- Encourage healthy food and drink choices
- Encourages chewing which promotes oral muscle development
- Ensure healthy food choices are promoted and are culturally sensitive and inclusive

### **Lunch time**

The healthy eating guidelines apply to lunchtime. We encourage healthy food and drink choices for children in line with the *Australian Dietary Guidelines, Get up and Grow: Healthy Eating and Physical Activity for Early Childhood, and the ACECQA Nutrition, Food and Beverages, Dietary Requirements*. Parents are encouraged to follow the above guidelines and speak with staff if they have any issues. A healthy lunch box might include a sandwich, wraps, sushi, rice crackers, fruit, yoghurt, cheese, veggie sticks etc. Please do not send chocolate, muesli bars, roll ups, Nutella, lollies, chocolate chip biscuits, buns, muffins, cakes, sweet slices, chips, crisps etc.

## **Water**

Children have fresh, clean water available at all times and are encouraged to drink water regularly through the day. Children are also encouraged to bring their own named drink bottle.

## **Special occasions and birthday guidelines**

Please do not send cakes or other birthday food treats with your child. We will celebrate children's birthdays by singing happy birthday.

## **Food safety**

Our site...

- Promotes and teaches food safety to children during food learning/cooking activities
- Promotes and encourages correct hand washing procedures with children
- Cooks healthy options using produce from our kindergarten garden
- Does not reheat children's food
- Children will sit down to eat
- Children will not share their food with other children
- We provide information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays and the website

## **Guidelines for children with specific dietary requirements**

We liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues (e.g., allergies, dietary requirements, diabetes, cultural and religious etc.). Please speak to staff regarding your child's individual needs.

## **Allergy aware**

It is a requirement that all food provided for your child does not contain nuts. At times, there are children enrolled who have an anaphylactic allergy to nuts, eggs, and egg products in particular. This means that there can be serious and even fatal consequences for these children if they come into contact with these ingredients. Parents and caregivers may be asked to provide lunchbox foods that do not contain nuts, eggs, or egg products. Products containing "traces of nuts" which are found on most packaged foods are generally fine unless there is a child with specific allergy to traces as well. In this case, notes will be sent out to parents reminding them of the more stringent requirements.

## **Supporting information and references**

**SA Health food standards (Food Act 2001) |**

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/legislation/food+legislation/food+legislation>

**Get up and Grow: Healthy Eating and Physical Activity for Early Childhood - Department of Health and Aged Care |** <https://www.health.gov.au/resources/collections/get-up-grow-resource-collection>

**Australian Dietary Guidelines |** <https://www.nhmrc.gov.au/adg>

**Staying healthy: Preventing infectious diseases in early childhood education and care services (Section 3.5 Food Safety) | <https://www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services>**

**Nutrition, Food and Beverages, Dietary Requirements (ACECQA) | <https://www.cecqa.gov.au/media/32271>**

**Healthy eating for infants, children, and teenagers | <http://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers>**

**Get Up & Grow – resources for Aboriginal and Torres Strait Islander early childhood educators, families, and carers | <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>**

**Nutrition resources for children under 5 | <http://www.wch.sa.gov.au/services/az/other/nutrition/GeneralNutritionforInfantsandToddlers.html>**

**Eat for health – educator guide | [https://www.eatforhealth.gov.au/sites/default/files/files/Copyright update/n55b\\_educator\\_guide\\_140321\\_1.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/Copyright%20update/n55b_educator_guide_140321_1.pdf)**

**Healthy living resources | <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+living+resources>**

**Supporting children and students with anaphylaxis and severe allergies | <https://www.education.sa.gov.au/schools-and-educators/health-safety-and-wellbeing/specific-health-conditions-and-needs/supporting-children-and-students-anaphylaxis-and-severe-allergies>**

**Preschool policies, procedures, and national regulations | <https://edi.sa.edu.au/operations-and-management/school-preschool-and-fdc-admin/preschool-and-early-childhood-management/required-preschool-policies>**

**Nutrition and dietary requirements in preschool | <https://edi.sa.edu.au/operations-and-management/school-preschool-and-fdc-admin/preschool-and-early-childhood-management/nutrition-and-dietary-requirements-in-preschool>**

**Oral eating and drinking procedure | <https://edi.sa.edu.au/library/document-library/controlled-procedures/oral-eating-drinking-procedure.pdf>**

### **Approvals**

Approved by: **Jade Pudney | Director, Hackney Kindergarten**  
Approved by: **Ashleigh Turner | Governing Council, Hackney Kindergarten**  
Approval date: **August 2024**  
**Next review date: August 2027** (must be 3 years from the approved date)

### **Revision record**

Revision dates: April 2019  
August 2023  
August 2024