



CLARENCE PARK COMMUNITY KINDERGARTEN

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Healthy Food Supply and Nutrition Policy

Rationale

Clarence Park Community Kindergarten promotes safe, healthy eating habits in line with the Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003) and the Right Bite Healthy Food and Drink Supply Strategy for South Australian Preschools. It related to the Australian Early Years Learning Framework and DECD Wellbeing Strategy.

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

1. Short term: Maximises growth, development, activity levels and good health.
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.
4. Speech pathologists recommend that children should be eating crunchy foods.

Therefore:

- Staff at this Kindergarten model and encourage healthy eating behaviours.
- Food and drink are consumed in a safe and supportive environment for all children.
- Parents and caregivers are encouraged to supply healthy foods that fit within the Healthy Food Supply and Nutrition Policy for their child/ren at Kindergarten.

This policy has been established after consultation with the Governing Council as representative of the parents within the Kindergarten community.

Curriculum

Our Kindergarten's food and nutrition curriculum:

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003) and the Right Bite Healthy Food and Drink Supply Strategy for SA Preschools.
- 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. Talking about always food, sometimes food and rare food, good energy v's bad energy are some examples of learning activities.
- Includes opportunities to develop practical food skills like preparing and cooking healthy food.
- Integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental Learning Outcome: 'Children have a strong sense of wellbeing.'

- A lunch care supervisor is employed and funded by the Kindergarten to ensure children are taught about food and nutrition in the curriculum. Lunch care is promoted in a positive, relaxed, social environment, and self-help skills are promoted. Food experiences are celebrated in conversations throughout the curriculum.

The Learning Environment

Children at our Kindergarten:

- Have access to fresh, clean tap water, available at all times and are encouraged to drink water regularly throughout the day.
- Are encouraged to bring their own labelled drink bottle.
- Will eat routinely at scheduled break times
- Eat in a positive, social environment with staff that model healthy eating behaviours.
- Use the Kindergarten garden to learn about and experience growing, harvesting and preparing nutritious meals. Use this as a step to formal learning about food and nutrition.

Our Kindergarten:

- Understands and promotes the importance of breakfast and regular meals.
- Teaches the importance of healthy meals and snacks as part of the curriculum.

Food Supply

Our Kindergarten has the following guidelines for families for food brought from home:

1. **Snack time (Morning and Afternoon)**

Parents and caregivers are asked to supply food primarily from the Everyday Foods or Green Foods Category to:

- Provide children with important vitamins and minerals.
- Encourage a taste for healthy foods.
- Encourage chewing to promote oral muscle development.
- Fresh fruits and vegetables are particularly recommended for snack time. However other options include cheese, dried fruit, yoghurt, savoury biscuits (eg: rice crackers) and a sandwich with savoury filling.

2. **Lunch**

Parents and caregivers are asked to pack small serves of nutritious foods as recommended in the Right Bite Guidelines which are summarised below.

- Fresh sandwich with healthy savoury fillings or unsalted crackers.
- Yoghurt.
- Dried fruit.
- Cheese.
- Culturally appropriate foods as determined by the Director.

WE DISCOURAGE the following foods:

- Fruit roll ups.
- Chips.
- Sweets.
- Cordial and fruit boxes.
- Chocolate.
- Cake.
- Sweet biscuits.
- Drinks other than water.
- Muesli bars.

- **NO NUTS.** In order to ensure the safety of several children who suffer from allergies to nuts, please do not provide nuts or nut products for your children while at Kindergarten. This includes peanut butter, nutella, muesli bars or items that have been produced on assembly lines that have had nuts on them. **Please ask staff if you are unsure.**

Please note: Should a child with an even more severe form of nut allergy enrol at the Kindergarten it may be necessary to take further steps in order to provide them with a safe environment. Updated information will be provided to the Kindergarten community should this situation occur.

Food Safety

Our Kindergarten:

- Promotes and teaches food safety to children during food learning and cooking.
- Encourages staff to access training as appropriate to healthy eating guidelines.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children and staff.
- Wherever possible we provide recipes to families when cooking.

Guidelines for Children on Special Diets

This food policy provides for special diet needs as per children's individual health plans.

Guidelines for Birthdays

Children's birthdays are celebrated with singing "Happy Birthday" with our 'cake' at Kindergarten. Please do not send cakes or other birthday food treats to Kindergarten, as they cannot be given. If parents do want to bring something to Kindergarten to celebrate their child's birthday, then a balloon, bubbles or something other than food treats is encouraged.

Working with Families, Health Professionals and DECD

Our Kindergarten:

- Provides information from Health Professionals to families and caregivers on Healthy Eating Guidelines through a variety of media including:
 - Newsletters.
 - Policy Development and Review.
 - Enrolment Information.
 - Pamphlet and Poster Displays.

The Clarence Park Community Kindergarten's Healthy Food Supply and Nutrition Policy will be shared with all new staff and families and is available to view in the Kindergarten's Policies Folder and on the Kindergarten's website.

Endorsed and ratified by Governing Council parents and staff at Governing Council

Date: June 2016

Review date: June 2018

