



Healthy Food Supply and Nutrition Policy

We Believe

At Clarence Park Community Kindergarten we believe that encouraging healthy eating and supporting children to make nourishing food choices and learn about healthy lifestyles including better eating and physical activity in the children's everyday routines and experiences, will have long term benefits to their health and wellbeing.

Purpose

The purpose of this policy is to ensure:

- Educators 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/children at Kindergarten.

Background

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

1. Short term: Maximise growth, development, activity levels and good health.
2. Long term: Minimise 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.

Details

Children at our Kindergarten:

Are encouraged to bring their own labelled drink bottle and have access to fresh, clean tap water, available at all times and are encouraged to drink water regularly throughout the day.

Eat together at scheduled break times, independently choosing from the healthy options that have been sent from home.

Eat in a positive, social environment with educators that model healthy eating behaviours and social interaction.

Use the Kindergarten garden to learn about and experience growing, harvesting and preparing nutritious food.

At Clarence Park Community Kindergarten, we belong to the War On Waste (WOW) schools program and are actively involved in their programs. We teach children about recycling, reusing and the effects of landfill in our communities. We have received awards for our endeavour to reduce landfill.

We encourage families to pack nude food and refrain from using plastic wrap or other packaging that cannot be re-used or recycled.

We encourage families to provide a variety of healthy food options each day for children to choose

from. We recommend that families pack one option from each of the five core food groups to create healthy lunchboxes every day:

- Fruit (e.g. fresh, frozen, pureed and canned in natural juices)
- Vegetables, legumes and beans
- Yoghurt, cheese and alternatives
- Lean meats and poultry, fish, eggs, tofu, seeds, legumes and beans
- Grain (cereal) foods

NO NUTS. In order to ensure the safety of 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, where they may have been contaminated. Please ask staff if you are unsure.

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.

Guidelines for children with special eating and drinking requirements

Where a child has difficulties with eating and drinking, we will liaise with the family and health professionals to determine and provide the support required. All educators will be aware of the needs of individual children and are aware of the Department for Education Oral Eating and Drinking procedure.

For further information and related government policies, we encourage families to consider the following guidelines:

- Healthy Eating for Infants, Children and Teenagers <https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers>
- Healthy Eating for Children https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf
- Wipe Out Waste and Nude Food <https://www.wow.sa.gov.au/activities/nude-food>
- Healthy lunchbox suggestions are detailed in our parent handbook

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

Approval date: September 2022

Review date: September 2024