Healthy Eating Policy

Staff aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in these ways:

1) Short term: Maximises growth, development and 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) Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

For good health kindergarten age children need to drink plenty of water and eat plenty of fruit, vegetables, legumes, cereals; adequate amounts of lean meat, milk and other dairy products. Children need to learn to choose foods containing less saturated fat, less sugar and less salt.

Curriculum
Our preschool food and nutrition curriculum:
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices
- includes opportunities for children to develop skills preparing and cooking healthy food
- includes opportunities for children to grow fruit and vegetables
- integrates nutrition through the Early Years Learning Framework and relates to the learning outcome “Children have a strong sense of wellbeing”.

Learning Environment
Children at our preschool
- have fresh water available at all times and are encouraged to drink water regularly throughout the day
- eat at scheduled break times
- 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
Our preschool
- does not provide rewards related to food and drink
- understands and promotes the importance of breakfast and regular meals
- teaches the importance of healthy meals and snacks in the curriculum
- is a breast feeding friendly site

Food Supply
Our preschool
- encourages parents to send healthy food choices in their children’s lunchboxes
- encourages healthy food at activities and events
- displays nutritional information and promotional material about healthy eating
- asks families to send fruit and vegetables for Fruit Time
- asks families to provide food and drink within the guidelines of the Right Bite strategy.
Food Safety
Our preschool
- Promotes and teaches food safety to children as part of the curriculum.
- Provides adequate hand washing facilities
- Promotes correct hand washing procedures with children and staff
- Asks parents to use a cooling block in lunches during warm to hot weather
- Requires staff and parents to use travel mugs for hot drinks.

Food related health support plans
Our centre
- Liaises with parents to ensure special plans are in place for children with health needs related to food.
- Will develop a special policy for the centre to deal with foods such as nuts if a child with a serious food allergy is enrolled.

Working with families, health services and industry
Our preschool
- Invites parents to be involved in the review of this policy
- Provides information to parents about the Right Bite Strategy through a variety of ways including:
  - newsletters
  - policy development and review
  - information on enrolment
  - pamphlets/poster displays
- Promotes the alignment of fundraising with the Right Bite strategy.

National Quality Standards 2.2

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