

Holden Hill Kindergarten and Occasional Care

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*, and the *Australian Guide to Healthy Eating*.
- > 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 NQS.
- > 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)

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 **Right Bite** strategy 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 not refrigerated; therefore cool packs are required 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.

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 (multigrain or wholemeal bread), with savoury filling, dried fruit, or plain unsalted crackers (e.g., Vitawheats) are acceptable. Children will be encouraged to eat their fruit first.

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 **Rite Bite Strategy**. 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, vegie 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 are required to bring their own named drink bottle. They are encouraged to drink water regularly through the day and have fresh, clean water available to refill their drink bottles at all times.

Special occasions and birthday guidelines

Please do not send cakes or other birthday food treats with your child.

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
- > Does not reheat children's food

Food and drinks provided to children

- > Children will sit down to eat
- > Children will not share their food with other children

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 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 are asked to provide lunchbox foods that do not contain nuts. 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

Australian Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating, NQS, EYLF, Rite Bite

Approvals

Status: Approved

Version: 0.1

Approved by: Peta Redpath | Director, Holden Hill Kindergarten **07/12/2022**

Approved by: | Governing Council, Holden Hill Kindergarten

Approval date: Click or tap to enter a date.

Next review date: Click or tap to enter a date. (must be 3 years from the approved date)

Revision record

(List the revision record in order of most recent updates at the top)

Version: 1.0

Approved by: Name | Director, Site Name

Approved date: Click or tap to enter a date.

Next review date: Click or tap to enter a date.

Amendment(s): document creation.