



Hallett Cove Karrara Kindergarten Healthy Food Policy.

Staff at this Kindergarten aim to promote nutritional eating habits in a safe, supportive environment for all children. 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: Maximises growth, development and activity whilst minimising illness.
2. Medium terms: Promotes clear speech development by strengthening the tongue and mouth and good dental development through eating crunchy foods.
3. Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes

This food policy has been established after consultation with staff, parents, the 'Eat well Be active' /OPAL co-ordinator and a dietician from Noarlunga health services.

Allergies and Anaphylaxis

At times there will be children who attend the Kindergarten who have allergies to certain foods. These can be life threatening and/or have life-long health implications. We ask that parents respect requests from staff to avoid bringing certain foods into the Kindergarten.

If you need further advice please read our Allergy Aware Policy.

Current restrictions include:

- **No nuts.** (often hidden in muesli bars, chocolate spread, cooking oils and packaged biscuits)
- **Limited eggs** -only baked in cakes etc (not quiche)
- **Dairy-** only for Lunch

Curriculum

Our Kindergarten's 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;
- Integrates nutrition across the curriculum where possible;
- Is part of the Early Years Learning Framework and National Quality Standards.

The Learning environment

Children at our Kindergarten:

- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day (identified with a stamp on child's hand);
- Are encouraged to bring their own named drink bottle filled with water only
- Eat in a positive, appropriate, social environment with staff and volunteers who model healthy eating behaviours.

Our Kindergarten:

- Understands and promotes the importance of a healthy breakfast for children;
- Teaches the importance of healthy meals and snacks as part of the curriculum;
- Is a breastfeeding friendly site.

Food supply from home

Our Kindergarten:

- Has the following guidelines for families for food brought from home:

1. **FRUIT TIME** (CHILDREN ATTENDING KINDERGARTEN):

-Parents and carers are asked to supply **ONLY fruit and vegetables** at fruit time to:

- Provide children with important minerals and vitamins;
- Encourage a taste for healthy foods;
- Encourage chewing which promotes oral muscle development;

2. **FOODS UNSUITABLE FOR FRUIT TIME:** Include all packaged foods, cakes, sweets, cheese dippers, EGGS, cheese and ALL NUT PRODUCTS. We ask that you don't send yoghurt for fruit time. Cordials and sweetened fruit juices are not recommended at Kindergarten.

3. **LUNCH CARE PROGRAM:** The Healthy Food Policy applies to lunch care. Parents are encouraged to follow these guidelines, and ask staff if they have any issues.
- A healthy lunch box might include a sandwich, fruit, yogurt, veggie sticks etc. A second sandwich is fine if your child is extra hungry.
 - Some lunch boxes are very large and do not need to be filled up.
 - Please do not include chocolate, chips, lollies or roll ups as we will encourage the child not to eat them at Kindergarten and to save them for at home. They will be offered a healthy alternative.
 - If necessary, please put your child's lunch into a warm thermos. For safety reasons, staff are unable to heat up children's lunches.

Please ask staff if you have concerns, so that your child can follow these guidelines.

Unsafe Food at Kindergarten (risk management)

If a restricted food item is brought to Kindergarten staff will remove this item from the eating area and offer the child an alternative. Food contact precautions will be taken- eg hand washing, mat cleaning. All affected parents will be notified if contact is suspected, and to alert of the mistake.

Our Kindergarten will ensure a healthy food supply for Kindergarten activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than once a term, in accordance with the Healthy Eating Guidelines.

We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Our Kindergarten:

- Promotes and teaches food safety to children during food learning/cooking activities;
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*;
- Provides adequate hand washing facilities for everyone;
- Promotes and encourages correct hand washing procedures with children;
- Cook healthy options, including using produce from our Kindergarten garden;
- Whenever possible, provide recipes or tastings for families.
- All eating surfaces are cleaned after use.

Food-related health support planning

Our Kindergarten:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry

Our Kindergarten:

- Has Invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy;
- Invites health professionals to be involved in food and nutrition activities with the children;
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:
 - Newsletters , Information on enrolment in Healthy Eating Pamphlet in enrolment package
 - Policy development/review & Poster displays