



Lucy Morice Kindergarten

...Learning Together in Friendship

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Nutrition – Healthy Eating Policy

Rationale

Lucy Morice Kindergarten promotes nutritional eating habits in a safe and supportive environment. This Policy supports the Right Bite Healthy Food and Drink Supply Strategy for SA schools and preschools and relates to the Department for Education well-being strategy.

We believe that early childhood is an important time for establishing life long, healthy eating habits and can benefit the children in 3 ways:

1. Short term; maximizes growth, development, activity levels and good health.
2. Long term; minimizes the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and well-being and this is vital for positive engagement in learning activities.

At Lucy Morice Kindergarten

- staff will model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and care-givers are encouraged to supply healthy foods that fit within the Right Bite Strategy for their children at kindergarten

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum

Our kindergarten's food and nutrition curriculum:

- includes activities that provide children with knowledge, attitudes and skills to make positive healthy good choices and learn about the variety of foods available for good health.
- is integrated into our program and consistent with the Early Years Learning Framework and NQS

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
- have the opportunity to eat routinely throughout the session
- eat in a positive, social environment.
- have the opportunity to learn about and experience growing, harvesting and preparing nutritious food

Our kindergarten:

- understands and promotes the importance of regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site

Food Supply

Our kindergarten:

- Encourages healthy food and drink choices for children in line with the Right Bite Strategy
- Encourages food choices which are representative of the foods of the kindergarten community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a healthy food supply for kindergarten activities and events in line with the Right Bite Strategy
- Has the following guideline for families for food brought from home or provided by staff within preschool time;

Fruit time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:
Provide children with important minerals and vitamins
Encourage a taste for healthy foods

Food and drinks provided to children:

Parents and carers are encouraged to provide healthy food and drink choices in line with the Right Bite Strategy
Staff will ensure that food provided to children by the preschool is in-line with the Right Bite Strategy

Food Safety

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff

Food-related health support planning

Our kindergarten:

- liaises with families to ensure suitable food is supplied for children with health support plans

Working with families, health services and industry

Our kindergarten:

- invites Governing Council representatives to be involved in the review of our Nutrition- Healthy Eating Policy
- provides information to families and care givers about the Right Bite Strategy through information on enrolment
- takes into consideration the site Nutrition-Healthy Eating Policy when organising fundraising events/activities

Policy Created:

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Director: *Lisa Ringwood*

Authorised on behalf of Governing Council: *Laura Hartley*