

Healthy Food Supply & Nutrition Policy



Staff at this centre aim to promote nutritional eating habits in a safe, supportive environment for all children attending this Centre. 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. Long term – minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities

Therefore;

- Staff model and encourage healthy eating behaviours
- Parents and caregivers are encouraged to supply healthy foods that fit with the Centre's Healthy Food Supply & Nutrition Policy.

Curriculum

Our Centre'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 such as 'Eat a Rainbow' which 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 Centre:

- Bring their own named drink bottle, and are encouraged to drink water regularly throughout the day. Mains water is also available within the Centre.
- Are encouraged to bring a piece of fruit each day to have at morning snack.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours
- Use the Centre garden to learn and experience growing, harvesting and preparing nutritious foods.
- Understand the importance of meals times and are encouraged to eat a healthier option first.

Food Supply

Our Centre

- The local IGA supplies our centre with fresh fruit every week. We have a designated fruit time for all children where children are encouraged to eat a variety of fruits.
- As children from 6 months of age attend our Centre we are **completely Nut Free** to ensure safety of not yet known food allergies.