



# Healthy Eating Policy

Staff at this centre 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 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. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

## Curriculum

*Our preschool'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 System.

## The Learning environment

*Children at our preschool:*

- Bring their own named drink bottle, and are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

## 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.
- **Children bring their own recess and lunch to the centre. We ask that parents be aware of what they are packing their child and discourage food items such as chocolate and lollies. Raw carrot, whole nuts and bought fruit roll-ups are not to be packed for meal times, due to the high choking hazard. Cordials and sweetened juices are not recommended.**

- **\*\*\* FOR ALLERGY REASONS THE CENTRE WILL BE COMPLETELY**

**NUT FREE IN 2014\*\*\***

- Our centre will ensure a healthy food supply for preschool activities, celebrations and events, limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice 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 Centre

- 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.

## Food-related health support planning

### Our preschool

- 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 preschool

- Invites parents and caregivers to be involved in the review of our 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
  - Policy development/review
  - Information on enrolment
  - Pamphlet/Poster displays
- Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*.

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