



# Healthy Eating Policy

Based on the DECD HEALTHY EATING GUIDELINES AND AUSTRALIAN DIETARY GUIDELINES for children and adolescents, it is emphasised that there is a need to:

- Enjoy a wide variety of nutritious foods
- Eat plenty of foods from the 3 food groups - amber, green and yellow
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate amount of sugar and foods containing added sugars
- Choose low salt foods and use salt sparingly.

## **Rationale:**

### **The purpose of this policy is to:**

- Encourage and support children to develop healthy eating habits
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the preschool and foods brought from home will reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural needs relating to special dietary requirements.
- Raise awareness of good nutrition principles amongst our community.
- Nut policy

## **Guidelines:**

### **Snack Guidelines**

- Children need to bring either a piece of fruit, salad, vegetables, cheese or savoury biscuits to eat at snack time in the morning.
- Snack is placed in child's tray.
- Foods that are high in fat and sugar will be discouraged, with parents given alternative solutions.

- A shared piece of fruit or vegetable to share for afternoon tea.

### **Lunch Guidelines**

- Children who attend lunchtime should have a separate container for their lunch and this is to be placed in the lunch basket each morning, then staff place in fridge.
- Children will be encouraged to drink water with their lunch.

### **Drink Guidelines**

- Fresh drinking water is to be available to the children at all times.
- Children are to bring their own drink container only containing water.
- Drink bottles are to be kept on top of trays.
- In the event a child does not bring their drink bottle, a kindy water bottle will be given to them for the day and water from the water cooler will be available.

### **Curriculum:**

- Term 3 we offer a healthy breakfast for children to meet requirements of EYLF
- Special occasions food offered will be as healthy options
- Cooking experiences are offered to children through out the year.

### **Special Occasions/Birthday guidelines:**

- It is acknowledged that on some occasions there is a desire to have foods, which are outside the general policy of the centre, special event, fundraising etc. These occasions will be discussed and decided upon at Governing Council meetings.
- We acknowledge children's birthdays by singing and giving them a special birthday certificate.

### **Staff Responsibilities:**

- Staff will encourage children to try new foods.
- Staff members will supervise children when eating.
- Learning about food and nutrition will be included in the curriculum eg. Growing vegetables, hands on cooking and tasting experiences.

- Principles of good hygiene practice will be incorporated into daily routines to support this policy eg. Hand washing.
- Food will not be used as a form of punishment or reward either by its provision or denial.
- Staff will respect the food preferences of children, including cultural needs.
- Staff will provide parents with nutrition information via pamphlets, newsletters, handbook and the notice board.
- Staff will act as role models in relation to their own food choices at the centre.
- All staff are aware and very conscious of children with food allergies.

#### **Family/carer responsibilities:**

- Parents will be made aware of this policy upon enrolment of their child at the centre
- Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs need to speak to the Director.

#### **Governing Council responsibilities:**

- Support staff in the implementation of the Healthy Eating Policy.
- This policy has been developed by the staff members of the centre in consultation with the Governing Council.
- This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance for the centre.

Reviewed on:

Next scheduled review: