



PORT AUGUSTA WEST CHILDHOOD SERVICES CENTRE HEALTHY EATING POLICY

Staff at Port Augusta West Childhood Services Centre aim to promote nutritional eating habits in a safe and 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. **Long term:** Minimises the risk of diet related diseases later in life e.g. heart disease, stroke, some cancers and diabetes.
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.
4. This food policy has been established after consultation with staff, parents and guidelines from the OPAL programme.

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 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 the National Quality Standards.

The Learning Environment

Children at our preschool:

- Are encouraged to bring their own named water bottle, separate snack and lunch box.
- Have access to fresh, clean filtered tap water available at all times and are encouraged to drink water regularly throughout the day.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Follow the schedule board for lunch routine, encouraging independence, hygiene and responsibility.

Our preschool:

- Teaches the importance of healthy meals and snacks as part of the curriculum, using terms of 'sometimes foods' and 'always foods' in assisting children to make good choices.

- Is a breastfeeding friendly site.

Food supply

Our preschool:

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

SNACK TIME

Port Augusta West Childhood Services Centre is a "Healthy Eating Centre".

We ask you **NOT** to send the following foods to Kindy:

- Chocolate (this includes chocolate flavoured foods such as custard and chocolate biscuits)
- Lollies, including fruit juice lollies
- Chips (plain corn chips are ok)
- Cordial and fruit juice (pop tops, fruit boxes etc)
- Roll-ups (flattened fruit snacks)
- **ALL NUT PRODUCTS**

Healthy Food alternatives are:

- Vegetable sticks (carrot, capsicum)/ Cheese sticks
- Water
- Sultanas
- Fresh or dried fruit
- Wholemeal or multigrain sandwiches
- Dry crackers and cheese

FRUIT TIME

Parents and carers are asked to supply fruit and vegetables for afternoon fruit time to:

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

LUNCHCARE PROGRAM

Parents are encouraged to follow the above guidelines and ask staff if they have any issues.

A healthy lunch box might include a sandwich, fruit, yoghurt, vegetable sticks etc. We understand that some children do not enjoy sandwiches or have cultural or dietary needs. Plain unsalted crackers are most acceptable.

- Our preschool will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed foods to occasional special occasion and graduation celebrations.

Food Safety

Our preschool:

- promotes and teaches food safety to children during food learning/cooking activities.
- encourages staff to access training as appropriate to *Healthy Eating Guidelines*.
- provides sanitising solution and adequate hand washing facilities for everyone.
- models correct hand washing procedures with children.
- wherever possible provides recipes for families.

Food - related health support planning

Our preschool:

- has invited families to be involved in the review of our healthy eating policy.
- provides information from health professionals to families on the *Healthy Eating Guidelines* through a variety of media:
 - 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*.

Governing Council Chairperson

Date: _____

Preschool Director

Date: _____