



Flagstaff Oval Kindergarten

Healthy Food Supply and Nutrition Policy

Rationale

Flagstaff Oval Kindergarten promotes safe, healthy eating habits in line with the *Rite Bite* Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DECD wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in these ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities. Therefore:
 - Staff at our preschool model and encourage healthy eating behaviours
 - Food and drink are consumed in a safe, supportive environment for all children
 - Parents and caregivers are encouraged to supply healthy foods that fit within the Rite Bite Strategy for their children at preschool.

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

Curriculum

Flagstaff Oval Kindergarten's food and nutrition curriculum:

- is consistent with the *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 food available for good health.
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food.
- integrates nutrition across the EYLF framework where possible, **relating to the Developmental Learning Outcome: "Children Have A Strong Sense of Wellbeing"**

The Learning Environment

Children at our preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:

- provides rewards / encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

Food Supply

Flagstaff Oval 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 preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines 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 food

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

Flagstaff Oval Kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff

Food-related health support planning

Flagstaff Oval Kindergarten:

- liaises with families to ensure a suitable food supply for children with health support plans that are relate to food issues.
- ensures that a separate policy is in place in relation to a child with a serious food allergy and for the duration of their attendance within our preschool. This policy will be developed and communicated to parents and staff.

Working with families, health services and industry

Flagstaff Oval Kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - Newsletters
 - Policy development / review
 - Information on enrolment
 - Pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy

The staff at **Flagstaff Oval Kindergarten** thanks you in advance for your support of this important policy.