



## **Thorndon Park Kindergarten**

**13 Nestor Street, Athelstone 5076**

**Phone: 8336 1422      Fax: 8365 5739**

**Email: [dl.4670\\_leaders@schools.sa.edu.au](mailto:dl.4670_leaders@schools.sa.edu.au)**

### **Thorndon Park Kindergarten Healthy Food Policy**

At Thorndon Park Kindergarten we promote safe, healthy eating habits in line with the Dietary Guidelines for Children and Adolescents in Australia and the Right Bite Healthy Food and Drink Supply Strategy for South Australian Preschools.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in four 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.
4. Speech Pathologists recommend that children should be eating crunchy foods.

Therefore:

- Staff at this 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

Healthy Food Policy for their children at preschool.

### **Curriculum**

Our preschool's food and nutrition curriculum:

- is consistent with the Dietary Guidelines for Children and Adolescents in Australia and the Right Bite Healthy Food and Drink Supply Strategy for SA Preschools.

[www.decd.sa.gov.au/docs/documents/1/theEasyGuidetoHealthyFood.pdf](http://www.decd.sa.gov.au/docs/documents/1/theEasyGuidetoHealthyFood.pdf)

- 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 Early Years Learning Framework for Australia where possible, relating to the Developmental learning outcome: 'Children have a strong sense of wellbeing'.
- Staff supervise the lunch period and children are taught about food and nutrition in the curriculum. Lunchtime is promoted as a positive, relaxed, social eating environment, and self-help skills are promoted.

Food experiences are celebrated in conversations throughout the curriculum.

### **The Learning environment**

Children at our preschool:

- have access to fresh, clean, filtered tap water available at all times and are encouraged to drink water regularly through the day.
- are encouraged to bring their own labelled plastic drinking cup.
- will eat in scheduled lunch times and free choice snack times
- eat in a positive, social environment with staff that model healthy eating behaviours.
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our Preschool:

- Understands and promotes the importance of breakfast and regular meals.
- Teaches the importance of healthy meals and snacks as part of the curriculum.



they are at kindergarten. Banned products include peanut butter, nutella and muesli bars, and any products that have nuts listed in their ingredient list.

**Please Note:** Should a child with an even more severe form of nut allergy enrol at the kindergarten it may be necessary to take further steps in order to provide them with a safe environment. Updated information will be provided to the kindergarten community should this situation occur.

**Please ask staff if you are unsure**

**Tips to Remember when choosing food to send to kindergarten:**

Fresh is best rather than processed

Re usable containers are better for our environment and reduce waste

### **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 adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.
- wherever possible we provide recipes to families when cooking.

Actively promotes the use of reusable food containers to reduce waste to landfill.

### **Guidelines for Children on Special Diets**

This food policy provides for special dietary needs as per children's individual health plans.

### **Guidelines for Birthdays**

We really enjoy birthdays at Thorndon Park Kindergarten and we ensure that children are made to feel very special on their day. The celebration includes singing the "Happy Birthday" song, clapping the appropriate number of times and providing stickers.

Unfortunately, many children have dietary restrictions because of medical, cultural or religious reasons and this makes sharing of food very problematic.

**Please do not send cakes or other birthday food treats to kindergarten.**

## **Water: The Original Cool Drink**

Our bodies are made up of 50-60% water- that's a lot of water!! Our bodies obviously use up water when we are being physically active, but even when we are resting we use up water when we breathe out, sweat or cry. For children's bodies and brains to work well, and for them to be able to think clearly, the water needs to be replaced. PLAIN WATER IS THE BEST CHOICE TO KEEP YOUR BODY HEALTHY.

Soft drinks, fruit drinks, cordial, flavoured mineral waters, sports drinks, energy drinks and fruit juice all contain water, but they also contain sugar and sometimes caffeine, so they are not good for children to drink every day.

**Please send your child with a water bottle of fresh water every day.**

## **Working with Families and Health Professionals and DECD**

Our Preschool:

Provides information from Health Professionals to families and caregivers on Healthy Eating

Guidelines through a variety of sources including:

- Newsletters
- Policy Development and Review
- Enrolment Information

Policy Revised and Ratified by Staff and Governing Council in July, 2015