



### Thorndon Park Kindergarten

13 Nestor Street, Athelstone 5076  
Phone: 8336 1422 Fax: 8365 5739  
Email: dl.4670\_leaders@schools.sa.edu.au

# Healthy Food and Nutrition Policy

## Rationale

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 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 that benefit children in three 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.

## National Quality Standards and Regulations

In accordance with Quality Area 2: Children's Health and safety. 2.1.3 – Healthy lifestyle.

- Regulation 168 (2) (a) (i)
- National Quality Standard 2.2



## 1. TITLE

Healthy Food and Nutrition Policy

## 2. PURPOSE

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating and in line with the Right Bite strategy.
- 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.
- Incorporate opportunities for children to develop practical food skills, through preparing and cooking healthy food as a part of the curriculum.
- Incorporate healthy food choices that are inclusive and culturally sensitive.
- Provide and promote regular drinking of water and offer access to fresh filtered water.
- Incorporate eating at scheduled break times where food is consumed in a positive social environment.
- Adults model healthy eating behaviours whilst engaged in programmes.
- Provide the experience of growing, harvesting, preparing and consuming nutritious foods.
- Promote the importance of healthy breakfast and regular meals.
- Provide information to support healthy eating.
- Incorporate food safety throughout our preschool programme; including cooking opportunities, in line with healthy eating guidelines.
- Provide hand washing facilities for everyone and promote correct hand washing procedures with children and adults
- Refer to list of foods which should be encouraged and discouraged for snacks and lunches- as per enrolment pack received as a part of enrolment procedure.
- Include healthy eating information to families upon enrolment and throughout the kindergarten year.

## 3. SCOPE

*Working with Families, Health Services and Industry*

- Parents and caregivers are key to the successful outcomes of the healthy food and nutrition policy of the Kindergarten.
- There are resources to support Healthy Eating at the Preschool, including in our parent handbook shared on kindergarten enrolment and the eat a rainbow program is celebrated each year.

## **4. OBJECTIVES**

Thorndon Park Kindergarten provides a safe supportive environment where all educators support children in consuming their healthy food and the availability of water at all times and by being positive role models.

## **5. POLICY DETAILS**

### **5.1 FOOD SUPPLY**

Food is supplied by families or caregivers on an everyday basis for snack and lunch. The preschool provides suitable food when it is a part of the program or when the children do not have adequate or appropriate snack/lunch. Special events may include families bringing food to share. Our kindergarten has the following guidelines for families for food brought from home:

### **5.2 SNACK TIME (MORNING).**

Parents and caregivers are asked to supply food primarily from the Everyday Foods or Green Foods Category, to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy
- Encourage chewing to promote oral muscle development

Fruit and vegetables are the preferred option to maintain a healthy, balanced diet.

### **5.3 LUNCH TIME**

Parents and caregivers are asked to pack small serves of nutritious foods as recommended in the Right Bite Guidelines and summarised below and shared during the parent information session and within our parent handbook.

- Fresh sandwich/wraps filled with meat, cheese, salad, spreads (no nuts).
- Salads, sushi, quiche, frittata, rice, noodles.
- Fruits, yoghurt, unsalted crackers
- Drink- water only.

### **5.4 STORAGE AND HEATING OF SNACKS AND LUNCHES**

Icepacks are to be used to keep food kept in children's bags cool. Thermos can be used to keep lunch food warm at the parents own risk. Drink: water is encouraged at all times, filtered pura-tap water is available at kindergarten. Children are required to bring a named water bottle to kindergarten, however cups are available for children to borrow when required.

## 5.5 SPECIAL EVENTS

Throughout the year the kindergarten may celebrate a significant event or cultural foods days. The diversity of the community will result in the provision of and sharing of a wide range of traditional foods. Guidelines that restrict these celebrations may be exempted on these occasions. However, all restricted foods i.e. nut and nut products, will still be exempt.

## 5.6 BIRTHDAY CELEBRATIONS

Whilst it is our intention to acknowledge and celebrate children's birthdays this will not include a birthday cake, but rather children's birthdays are celebrated with singing the 'Happy Birthday' song and the provision of stickers.

## 5.7 SUPPORT PLANS- FOOD RELATED

Health support plans will be implemented with children who have additional health requirements relating to diet. Action and response plans will consider emergencies and treatment for potential risks.

N.B. ALL NUTS AND NUT PRODUCTS ARE PROHIBITED AT ALL TIMES AT THE Kindergarten. We are a 'nut aware' Kindergarten.

## 5.8 ASSOCIATED DOCUMENTS

### **Right Bite Policy**

[https://www.education.sa.gov.au/sites/default/files/right\\_bite\\_manual\\_colour.pdf?acsf\\_files\\_redirect](https://www.education.sa.gov.au/sites/default/files/right_bite_manual_colour.pdf?acsf_files_redirect)

## 6. MONITORING, EVALUATION AND REVIEW

### Roles and responsibilities:

Kindergarten director and staff monitor and review the effectiveness of the sun safe and hot weather policy, along with the Governing Council, as required (minimum every three years).

### Approvals

File: Safe sleep and rest policy

Status: [approved](#)

Version: 1.0

Policy officer: [Samantha Chirgwin, Thorndon Park Kindergarten](#)

Approved by: [Governing Council Management Committee](#)

Approval date: [6<sup>th</sup> August, 2018](#)

Review Date: [6<sup>th</sup> August 2018](#)

### Revision record

Version: 1.1

Approved by: Governing Council Management Committee

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Amendment(s): Changes to regulation information and converted onto a new template. Some changes to policy detail wording.