

EDEN HILLS



Kindergarten

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Healthy Food Supply and Nutrition Policy

PURPOSE

This Kindergarten promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* and relates to the Department for Education and Child Development's (DECD) Learner Wellbeing Framework.

CONTEXT

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and benefits children in the following 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. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Therefore:

- educators at this kindergarten model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment
- families are encouraged to supply healthy foods for their children in line with the *Right Bite* strategy

This food policy has been established after consultation with educators and families within the kindergarten community.

CURRICULUM

Our 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 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, relating to the learning outcome - 'Children have a strong sense of wellbeing'.
- Includes mealtime behaviours such as serving and clearing food and washing up

THE LEARNING ENVIRONMENT

Children at our Kindergarten:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- Are encouraged to eat at scheduled break times
- Eat in a positive, social environment with educators who model healthy eating behaviours
- Use the vegetable and herb gardens in the outdoor learning environment to learn about and experience growing, harvesting and preparing nutritious foods

Our Kindergarten:

- Provides rewards and 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

Our 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 kindergarten community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a healthy food supply for kindergarten **activities and events** in line with the *Right Bite* strategy
- Displays **nutrition information** and promotional materials about healthy eating

- The following guidelines are for **food brought from home** or provided by educators within kindergarten sessions:

Snack Time:

Families are encouraged to supply fruit and vegetables with the skin on at eating time to:

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

Food and drinks provided to children:

- Families are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- Educator will ensure that any food provided to children by the Kindergarten is in line with the **Right Bite** strategy.

FOOD SAFETY

Our Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum
- Encourages educators to access training as appropriate to the *Right Bite Strategy*
- Provides adequate hand washing facilities for children and educators
- Promotes and encourages correct hand washing procedures with children and educators.
- Encourages sitting down together to eat to enjoy our food and to avoid choking.
- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues

References

Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools http://www.decd.sa.gov.au/eatwellsa/files/links/Easy_Guide_Updated_June.pdf
DECD Learner Wellbeing Framework <http://www.decd.sa.gov.au/learnerwellbeing/>

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Ratified by Governing Council July 2016

Next Date for review June 2017