

North Ingle Preschool Healthy Food Policy



Rationale

Staff aim to promote nutritional eating habits in a safe, 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:

- Short term: Maximises growth, development and activity whilst minimising illness
- Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes
- Speech pathologists and dentists recommend that children should be eating crunchy foods.

Curriculum

- 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 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
- healthy eating is embedded across the curriculum where possible
- part of the Early Years Learning Framework and NQS.



Staff Responsibilities

- encourage children to bring their own named water bottle, and to refill from the Puratap when empty
- provide a positive, appropriate, social environment at eating times and model healthy eating behaviours
- promote the importance of breakfast for children
- offer the use of the fridge for storage during hot weather
- teach the importance of healthy meals and snacks as part of the curriculum
- display nutritional information and promotional materials about healthy eating
- be aware of and cater for any allergies or intolerances identified by parents, and in some cases may need to restrict or ban some food products
- be aware of nut free processes if allergies are identified



Parent responsibilities

- to provide a drink bottle filled with water (not cordial or soft or fruit drinks)
- to provide food for healthy snack time, and recess and lunch on full days in accordance with our Healthy Eating Guidelines .

Healthy Eating Guidelines:

- For healthy snack / fruit time: Fresh fruit, vegetables or salad.
- Recess and lunch: Cheese and biscuits, rice crackers, fresh fruit, vegetables or salad, dried fruit, yoghurt, vegetable sticks with dip, or a healthy sandwich/wrap are some healthy suggestions
- **Sometimes foods such as chocolates, cakes, chips, lollies etc are actively discouraged**

- Celebrations: A small plate of savoury or sweet food to share as nominated by staff

Food safety

- Staff will promote and teach food safety to children during food learning/ cooking activities.
- Staff will access training as appropriate to the Healthy Eating Guidelines
- Staff will provide adequate hand washing facilities for everyone
- Staff will promote and encourage correct hand washing procedures with children before preparing and eating food and after toileting.
- Staff will liaise with families and adhere to medical plans for food related issues
- Staff may need to prohibit certain foods due to anaphylactic allergies



(This policy complements DECD guidelines and the North Ingle School Healthy Eating policy)

Reviewed March 2017