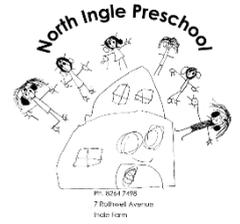




NORTH INGLE PRESCHOOL



Healthy Eating Policy

This procedure is consistent with the requirements of the:

- *Education and Care Services National Law and Regulations*
- *Easy Guide to Healthy Food and Drink Supply in SA Schools and Preschool*
- *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschool*

North Ingle Preschool 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 wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the 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.

Therefore: - Educators 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 Right Bite strategy for their children at preschool.

Curriculum

- Preschools consistent with the Australian Healthy Eating Guidelines for Children and Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools
- 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
- Integrates nutrition across the Early Years Learning Framework and National Quality Standards

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
- Teach the importance of healthy meals and snacks as part of the curriculum in correlation to the Right Bite strategy
- Display nutritional information and promotional materials about healthy eating for children and families
- 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, fried rice, sushi, nann bread, noodles, roti bread, are some healthy suggestions
- **Sometimes foods such as chocolates, cakes, chips, lollies for example 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
- Staff are not permitted to re heat food



Ratified by Governing Council August 2018

Updated August 2018