

## Food and Nutrition Policy

### Purpose:

Our kindergarten encourages healthy eating, to nourish children's bodies and minds.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits which can benefit children in three ways:

- Maximises their growth, development, activity levels and good health
- Minimises the risk of diet related diseases later in life
- Good nutrition contributes to good health and wellbeing which is vital for positive engagement in learning experiences

Therefore:

- Educators model and encourage healthy eating behaviours
- Food and drinks are consumed in a safe, supportive environment for all children
- Families supply healthy foods for their children, with reference to the *Australian Dietary Guidelines*

### Children at our kindergarten:

- Have access to fresh filtered tap water and are encouraged to drink water regularly throughout the day
- Eat routinely at scheduled break times, to ensure adequate levels of supervision
- Are provided with a positive, social environment for mealtimes, with educators who model healthy eating behaviours
- Have opportunities to engage in the process of growing, harvesting and preparing nutritious foods

### Food Provision

Parents and caregivers are required to pack fresh and nutritious food in children's lunchboxes to:

- Provide children with important minerals and vitamins to fuel the body with lasting energy for playing and learning
- Encourage a taste for nutritious foods from a variety of food groups, helping to form lifelong healthy eating preferences

### We ask that families:

- Include a fresh fruit and/or vegetable snack each day for morning tea
- Use a cold pack to ensure unrefrigerated food remains at a safe temperature for eating throughout the day
- Do not pack foods such as chocolate, lollies or chips. These highly processed foods impact negatively on children's appetite for nourishing lunchbox options
- Omit nut spreads, nut containing muesli bars or whole nuts. Children with severe nut allergies may be in attendance
- Do not supply gifts of food to celebrate children's birthdays or events such as Easter. These milestones are acknowledged at kindy through alternative rituals
- Share any concerns or considerations regarding the implementation of this policy as it relates to their child

### **Food Safety**

Our Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum
- Provides adequate hand washing facilities for everyone and intentionally teaches children to use effective handwashing techniques before eating or food preparation
- Requires children and staff to remain seated while eating, to minimise any potential choking risk
- Encourages foods considered as a high choking risk, such as whole grapes and cherry tomatoes, to be prepared appropriately for the age and developmental needs of the child (for example, by cutting in half)

### **Allergies**

At Flagstaff Hill Kindergarten we:

- Are allergy aware
- Ensure we are informed of any food allergies, religious or cultural food preferences before children's commencement
- Liaise with families to plan and implement a Health Support Agreement
- Create a risk Management Plan to identify potential risks and possible solutions to children with identified allergies

Families must communicate allergies, intolerances and cultural or food preferences during the enrolment process.

### **Working with Families**

Our kindergarten provides information to families about food and nutrition through:

- Information on enrolment
- Newsletters
- Policy development and review



Approved by Educators and the Governing Council August 2024

To be reviewed 2027

Governing Council Chairperson: \_\_\_\_\_

Kindergarten Director: \_\_\_\_\_

Regulation 77: Health, hygiene and safe food practices

Regulation 78: Food and beverages

Regulation 79: Service providing food and beverages

Regulation 168a: Education and care service must have policies and procedures relating to Nutrition, food and beverages and dietary requirements

