



# Healthy Food Policy

*National Quality Standards 2.2 Regulation 168 (2) (a) (i).*

*Related Key Regulations 77, 78, 79, 80. Note Reg 79 & 80 do not apply to food and beverage provided by parent.*

This preschool is Nut Free. Staff at this centre promote nutritious eating habits in a safe and supportive environment. We know Early Childhood is an important time for establishing life long, healthy eating habits and can benefit children in three ways:

1. Short Term: maximise growth, development and activity whilst minimising illness
2. Long Term: Minimise the risk of diet related diseases later in life
3. Advice from Speech pathologists and dentists indicates that children need to be eating crunch foods

## Curriculum

**Our Preschool Food and Nutrition Curriculum.**

- Consistent with Australian Dietary Guidelines for Children and Adolescents in Australia and The Australian Guide to healthy Eating
- Includes activities to 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 growing, preparing and cooking healthy food
- Integrate nutrition across the curriculum where possible
- Part of the Early Years Learning Framework and NQS

**Children at Our Preschool:**

- Have fresh clean filtered water available at all times and are encouraged to drink water regularly through the day
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

**Our Preschool:**

- Understands and promotes the importance of a healthy breakfast for children
- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breast feeding friendly site
- Has the following guidelines for families about food brought from home:

**Morning Snack** - parents and carers are asked to supply fruit and vegetables for snack times to

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



## Food Safety

### Our Preschool:

- Promotes and teaches food safety to children during food learning/ cooking activities
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children

## Food Related Health Support Planning

### Our preschool:

- Liaises with families to ensure a suitable food supply for children and health support plans that are related to food issues

## Working with Families, Health Services and Industry

### Our preschool:

- Has invited families to be involved in the review of our whole of site food and nutrition policy
- Invites health professionals to be involved in food and nutrition activities with children
- Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as:
  - Newsletters
  - Policy development/review
  - Information upon enrolment
  - Pamphlet/poster displays

## Reference and Source: Rite Bite Food Supply and Nutrition Policy for Preschools

<https://edi.sa.edu.au/operations-and-management/school-preschool-and-fdc-admin/school-administration/right-bite-food-and-drink-supply-standards-in-schools>

*Approval Date: May 2024*

*Next Review Due: May 2027*