HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Rationale
We aim to promote nutritional eating habits for all children who attend this site, in a safe and supportive environment.
We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in 3 ways:
1. Short term: Maximises growth, development and activity whilst minimising illness
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 encouragement in learning activities, therefore:
   • Staff at the Modbury North Kindergarten 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 food for their children at Kindergarten

Curriculum
Our Kindergarten’s food and nutrition curriculum:
• 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
• Integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental Outcome: ‘Children have a strong sense of wellbeing.’
• We employ lunch care staff to ensure self-help skills are promoted and children eat in a positive, relaxed and social environment

The Learning Environment
At our Kindergarten, we:
• Have fresh, clean water available at all times and are encouraged to drink water regularly through the day
• Will eat routinely at scheduled break times
• Eat in a positive, social environment with staff who model healthy eating behaviours
• Use the Kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Staff at the Modbury North Kindergarten:
• Do not provide rewards and encouragements that are related to foods and drinks
• Understand and promote the importance of regular meals for children by offering morning snack, lunch and afternoon snack times
• Are unable to heat foods because we cannot meet the National Standards for food safety with our limited facilities
• Teach the importance of healthy meals and snacks as part of the curriculum

Food Supply
Staff at the Modbury North Kindergarten:
• Encourage healthy food and drink choices for children
• Ensure healthy food choices are promoted, are culturally sensitive and inclusive
• Ensure a healthy food supply for Kindergarten activities
• Display information about healthy eating
• Do not regularly supply food, but may provide emergency snacks such as cracker biscuits or sultanas if required

Special events at the Kindergarten may offer foods high in sugar, salt and/or fat, a maximum of twice a term in line with the Right Bite strategy

**Food brought from home**

• We encourage families to supply healthy snacks that are low in
  - Fat
  - Salt
  - Sugar
• Healthy snacks are
  - High in fibre
  - Have good nutritional value
• We encourage children to bring ONLY water to drink

We **discourage** the following foods:
• Fruit roll ups
• Chips
• Sweets
• Cordial and fruit boxes
• Chocolate
• Cake
• Sweet biscuits
• Drinks other than water
• NO NUTS – In order to ensure the safety of children who suffer from allergies to nuts, please do not provide nuts or nut products for your children while at Kindergarten. This includes: peanut butter, Nutella, muesli bars or any items that may contain traces of nuts

**Food safety**

At our Kindergarten, we:
• Promote and teach food safety to children as part of the curriculum
• Provide adequate hand washing facilities for everyone
• Promote and encourage correct hand washing procedures with children and staff

**Working with families**

At our Kindergarten, we:
• Invite the Governing Council and staff to be involved in the review of our Food and Nutrition policy
• Provide information to families and caregivers about our policy through a variety of ways, including:
  - Information on enrolment
  - Parent information booklet
  - Our website
• Are breastfeeding friendly

**Note:** If your child has a food allergy, please let staff know when enrolling your child.

Policy accepted: June 2015
Date of next policy review: June 2017