

Roxby Downs Kindergarten Healthy Food and Drink Policy

Roxby Downs Kindergarten promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools**, the National Quality Standard, and relates to the DECD 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:

- staff at this 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 foods that fit within the **Right Bite** strategy for their children at kindergarten.

Curriculum

Our kindergarten's food and nutrition curriculum:

- is consistent with the *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
- integrates nutrition across the Belonging, Being & Becoming Early Years Learning Framework where possible.

The Learning environment

Children at our kindergarten:

- have fresh, clean tap 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 preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:

- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site.

Food supply

Our kindergarten:

- encourages healthy food and drink choices for children
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for kindergarten activities and events
- displays nutrition information and promotional materials about healthy eating
- has the following guidelines for families for food brought from home or provided by staff within kindergarten time:
 - o **Morning and Afternoon Fruit Time:**
 - Parents and carers are encouraged to supply healthy snacks (for both short and full day kindergarten) – this includes fruit, vegetables, yoghurt, cheese, crackers, etc.
 - o **Lunch Time:**
 - Parents and carers are encouraged to supply a healthy packed lunch when their child attends a full day – see separate list for suggested lunch box ideas. (Upon arrival children's lunch boxes will be stored in our fridge and any leftover lunch that needs refrigeration will be returned to the fridge after lunch.)
 - o **Drinks:**
 - Parents and carers are encouraged to supply a drink bottle of water only (no juice, cordial, milk, or fizzy drinks). During Terms 1 and 4 drink bottles will be stored inside to maintain a cool temperature.

Suggested lunch box ideas:

- 😊 Savoury sandwiches
- 😊 Salad (and cold meat/s)
- 😊 Rice Cakes with savoury filling, sushi, cold rolls, wraps
- 😊 Fresh fruit, vegetables, dried fruit, rice cracker biscuits, cheese, plain popcorn, yoghurt.

The following foods are not acceptable at kindergarten and will be returned home with your child:

- ✗ Sweets or pre-packaged foods (sweet biscuits, lollies, donuts, roll ups, fruit bars, cakes, jelly, chips)

Certain foods **may not** be acceptable at kindergarten (due to food allergies and for health reasons). Parents will be notified if they need to exclude any of the following food types:

- ✗ Nuts, nut products, or any food containing nuts (including peanut butter, nutella, muesli bars)
- ✗ Eggs or seafood
- ✗ Other

If a child has an identified food allergy, and if they are identified at risk if certain types of food are brought onto the kindergarten premises – parents will be notified and asked to not send those foods to kindergarten as part of their child’s lunch/snack. This may vary between the Blue and the Red groups depending on the children with identified allergies that attend those groups. Parents of children with identified allergies will be consulted upon enrolment of their child to find out the severity of their child’s allergy. A visual chart will be displayed alerting the different groups to the disallowed foods due to allergies.

Food safety

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

The staff at Roxby Downs Kindergarten thank you in advance for your support of this policy.

Date of change	Reason for changes
December 2016	Policy review received numerous parent suggestions/comments. ‘Healthy snacks’ replaced fruit snack; allergies to be followed up and only food deemed unsafe for a particular group will be disallowed. Visual chart showing each group the foods disallowed for their group. Leftover food that needs refrigeration; water kept inside during hotter weather.
August 2017	Removed information about note being sent home, keeping in mind each individual family’s circumstances re provision of food