



Healthy Eating Policy

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
- The Right Bite Standards use a **traffic light system** to classify foods and drinks based on their nutritional value.
- 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 Pura tap 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 including the traffic light system
- Educate children and families providing examples of the traffic light system (**green, amber and red options**)
- 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
- If child is missing lunch the preschool will provide a sandwich or toast.

Parent responsibilities

- To provide a drink bottle filled with water (not cordial or soft or fruit drinks)
- To provide food for healthy snack time, 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.
- Morning/afternoon snack 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, naan bread, noodles, roti bread, are some healthy suggestions
- **Red food such as chocolates, cakes, chips, lollies for example are actively discouraged at preschool.**
- Birthday Celebrations. In line with our Right Bite Healthy Eating Guidelines and School Policy families are encouraged against bringing birthday treats (eg. Cakes, cupcakes, lollies etc)
PLEASE NOTE we will still sing happy birthday at the end of the day and the child will be provided with a birthday certificate, sticker or stamp to celebrate their special day.

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
- Staff are not permitted to place children's refrigerated items in the fridge (an ice pack will need to be placed in your child's lunchbox to ensure the item is kept cool)

References

- *Education and Care Services National Law and Regulations*
- *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschool*
- *Australian Dietary Guidelines*
- *SA Health and food standards*
- *Nutrition and dietary requirement in preschool*
- *Staying Healthy: Preventing infectious diseases in early childhood education and care services (Section 3.5 Food Safety)*
- *Oral and Drinking procedure*
- *Anaphylaxis and severe allergy*