



Reynella South School-Based Preschool

Healthy Food and Nutrition Policy

This 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 DECS wellbeing strategy.

Staff at our preschool promote nutritional eating habits in a safe, supportive environment for all children. 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 and activity whilst minimising illness
2. Long term: minimises the risk of diet-related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This policy has been developed following consultation with staff, parents, the 'Eat well Be active' /OPAL coordinator and a nutritionist from Noarlunga Health Services.

Curriculum

Our preschool'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
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- Includes opportunities for children to try new foods each week
- Integrates nutrition across the curriculum where possible
- Is part of the Early Years Learning Framework and National Quality Standards.

The Learning environment

Children at our preschool:

- have water available at all times and are encouraged to drink water regularly through the day
- are encouraged to bring their own named drink bottle
- eat in a positive, appropriate, social environment with staff who model healthy eating behavior.

Our preschool:

- understands and promotes the importance of breakfast for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- creates a positive experience with food
- displays nutrition information and promotional materials about healthy eating
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- is a breastfeeding friendly site.

Food brought from home

Our preschool provides families with the following guidelines for food brought from home:

1. SNACK TIME

Parents and carers are asked to supply healthy options for snack time that:

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

Fresh fruits, vegetables, yoghurt, crackers, cheese, tuna are recommended options for snack time.

2. LUNCH TIME

A healthy lunch might include a sandwich, fruit, yogurt, veggie sticks etc. A healthy sandwich (multigrain or wholemeal bread is recommended) with savoury filling or plain unsalted crackers (e.g. Vitawheat) are most acceptable.

3. UNSUITABLE FOODS INCLUDE:

packaged foods, cakes, biscuits, chocolate, muesli bars, roll ups, fruit bars etc.
chips, jelly and lollies
all nut products
cordials and fruit juices
foods that need to be heated.

Our preschool adheres to the DECD Healthy Eating Guidelines and while limiting the availability of high fat, high sugar and processed food, we are happy for children to celebrate their birthdays with cakes from home. We display nutrition information and promotional materials about healthy eating, and provide information in newsletters.

Food safety

Our preschool:

- promotes and teaches food safety to children during food learning/ cooking activities
- encourages staff to access training as appropriate to the Healthy Eating Guidelines
- provides adequate hand washing facilities for everyone and encourage correct hand washing procedures with children
- notifies families of foods to be cooked and tasted
- provides recipes for families whenever possible.

Cooking at preschool

We encourage our families to participate in our fortnightly cooking program and invite them to share their favourite dishes or those they cook together at home. We also ask them to consider the need to be inclusive of all children's dietary and cultural needs.

Food-related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues
- works with families, health services & industry

Our preschool:

- invites parents and caregivers to be involved in the review of our preschool Healthy Food Policy
- invites health professionals to be involved in food and nutrition activities with the children and families
- provides information from health professionals to families and caregivers about the Healthy Eating Guidelines through a variety of media such as: newsletters, policy development/review, Information on enrolment, pamphlet/poster displays and workshops.
- promotes the alignment of fundraising with the Australian Dietary Guidelines for Children and Adolescents in Australia.

Reviewed September 2022