



## SALISBURY PARK KINDERGARTEN HEALTHY EATING POLICY

This Kindergarten promotes safe, healthy eating habits in a supportive environment. We believe that early childhood is an important time for establishing lifelong healthy eating habits. Our aims are for children to benefit with healthy growth and development, minimising long term health risks and promoting feelings of positive wellbeing.

### **Curriculum**

- Is consistent with the 'Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools'. This incorporates the DECD Healthy Eating Guidelines
- Links with the Early Years Learning Framework outcome 3 'Children have a strong sense of wellbeing' and National Quality standard area 2 'Children's Health & Safety'.
- Includes activities that provide children with knowledge, attitudes & skills to make healthy food choices and learn about the variety of foods available for good health.
- Includes opportunities for children to prepare, cook & taste healthy food
- Promotes hygiene & healthy food handling
- Displays and shares nutritional and healthy eating information
- Integrate healthy food & nutrition across the curriculum in a culturally supportive and inclusive way.

### **At Kindergarten**

- We will promote appropriate hand washing prior to eating and after toileting
- Educators will model healthy food handling & eating practices
- Children are provided with fresh fruit & vegetables each day during snack time.
  - A portion of term fees covers costs
- Children are encouraged to eat and try a variety of fruits and vegetables.
- Snacks will be prepared in an attractive & hygienic manner.
- Children use tongs to self-select foods from trays.
- Children have access inside and outside, to clean, filtered drinking water. They may bring their own named drink bottle containing water. Children are encouraged to drink water regularly throughout the day.
- We are a breast feeding friendly site.
- Children's Birthdays will be celebrated in a culturally appropriate manner for each child. Birthdays will not be celebrated with food of any kind.

**Lunch Time** - Children's lunch break is between 12.00 – 12.30, and is supervised by educators.

- Children attending for a full day of kindergarten will need to bring their own lunch.
- Children's lunches are stored in the eskies located under the tables by the main entrance doors. Please ensure all lunch items are clearly named.
- We encourage families to provide healthy food choices which are low in fat, salt and sugar eg. sandwiches, crackers, wraps, fruit, vegetables, yoghurt, salads etc. Children are encouraged to eat these foods first
- Please do not send foods that require cooking or heating.
- Children are **discouraged** from sharing food.
- We discourage processed foods and support 'nude food' options. These are foods without wrappers which support our commitment to reduced rubbish levels and environmental sustainability.
- Children will be asked to return uneaten food into their lunch box, allowing families to know how much and what food has been eaten at kindy.

## **Nut Free Site**

- We will demonstrate a duty of care to ensure that all children are safe while at Kindy. We are a '**Nut Free**' centre, which alerts parents to the potential risk of contact with nuts for some children. A notice is displayed when a child is enrolled who is at risk of anaphylaxis through food allergy (Reg173(2)f) - Regular reminders will be placed in newsletters
- All families are asked **not** to send foods containing nuts of any kind eg. peanut butter, 'Nutella', 'Dunkaroos'.
- In the event that a child brings a snack containing nuts, the child will be asked to put the snack back into their bag to take home with a reminder note for families.

Governing Council Endorsement June 2017