

*Learning Through Play*

**Woodend Children’s Centre**

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**Healthy Food Supply and Nutrition Policy of: Woodend Children’s Centre**

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 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 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.

This food policy has been established after consultation with staff and parents within the preschool community.

**Curriculum**

Our preschool’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 Early Years Learning Framework where possible, **relating to the Learning Outcome 3: ‘Children have a strong sense of wellbeing’**

**The Learning environment**

Children at our preschool:

* 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 preschool:

* provides rewards/encouragements that are not related to food or drink
* 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 preschool:

* encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
* 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 preschool **activities and events** in line with the *Right Bite* strategy
* 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 preschool time:

**Fruit Time**:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

* provide children with important minerals and vitamins
* encourage a taste for healthy foods.

**Food and drinks provided to children:**

* parents and carers are encouraged to provide healthy food and drink choices in line with the ***Right Bite*** strategy
* staff will ensure that food provided to children by the preschool is in line with the ***Right Bite*** strategy.

**Food safety**

Our preschool:

* promotes and teaches food safety to children as part of the curriculum
* encourages staff to access training as appropriate to the *Right Bite Strategy*
* provides adequate hand washing facilities for everyone
* promotes and encourages correct hand washing procedures with children and staff.

**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.

**Working with families, health services & industry**

Our preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy

- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:

* newsletters
* policy development/review
* information on enrolment
* pamphlet/poster displays
* promotes the alignment of fundraising with the *Right Bite s*trategy.

Note: If your preschool has a child with a serious **food allergy** (e.g. nuts), a separate policy for the duration of that child’s involvement with the preschool should be developed and communicated to parents and staff.

The staff at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Preschool thank you in advance for your support of this policy.

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_