

Rose Park Preschool Healthy Food Policy

Staff at this preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. 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 minimizing 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.

Curriculum

Our preschool's food and nutrition curriculum:

- It is consistent with the *Australian 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 curriculum where possible.
- It is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at our preschool:

- Are encouraged to bring their own named water bottle.
- Have fresh, clean, filtered tap water available at all times and are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Our preschool:

- Understands and promotes the importance of breakfast for children
- Teaches the importance of healthy meals and snacks as part of the curriculum.

Food Supply

Our preschool:

- Has the following guidelines for families for food brought from home:
 1. **FRUIT TIME** (Children attending preschool):
Parents and carers are asked to supply fruit and vegetables at fruit time to:
 - Provide children with important minerals and vitamins
 - Encourage a taste for healthy foods
 - Encourage chewing which promotes oral muscle development

Fresh fruits, vegetables or a slice of cheese are recommended for fruit time.

We understand that at times families may run out of fruit. A healthy sandwich (multigrain or whole-meal bread) with savoury filling or plain unsalted crackers (e.g. Vitawheat) are most acceptable.

FOODS UNSUITABLE FOR FRUIT TIME;

Include **ALL NUT PRODUCTS, EGGS (due to anaphylactic reactions in some children)** packaged foods, cakes, sweets.

Cordials and sweetened fruit juices are not recommended.

LUNCHES

The healthy eating guidelines will still be in place.

Parents are encouraged to follow the above guidelines and ask staff if they have any issues.

A healthy lunch box might include a sandwich, fruit, yogurt, vegie sticks etc. Please do not include chocolate, muesli bars, roll ups etc.

Please ask staff if you are unsure.

- Our preschool will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.
- We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food Safety

Our preschool:

- Promotes and teaches food safety to children during food learning/cooking activities.
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children

Food related health support planning

Our preschool:

- Liaises with families to ensure a suitable food supply for children with healthy support plans that are related to food issues

Working with families, health services & industry

Our Preschool:

- Has invited parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- Invites health professionals to be involved in food and nutrition activities with the children when possible.
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as:
 - Newsletters
 - Policy development/review
 - Information on enrolment
 - Pamphlet/poster displays

- Promotes the alignment of fundraising with the *Australian Dietary Guidelines for Children and Adolescents in Australia*.

Endorsed by staff and Governing Council, October 2014. To be reviewed October, 2016.