

HEALTHY FOOD AND NUTRITION POLICY

Policy Number: H300-20 (R2022)

Loxton North Preschool aims 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:

- Short term: maximises growth, development and activity whilst minimising illness
- Long term: minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes
- Appropriate diet supports speech and dental development (Advice from speech pathologists and dentists indicates that children should be eating crunchy foods)

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
- 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 fresh, clean filtered tap 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 behaviours

Our preschool:

- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site

Food Supply

*Please note: If your child has a **food allergy** (eg. nuts) a separate policy for the duration of your child's involvement with our preschool will be developed and communicated to parents and staff.*

Our preschool has the following guidelines for families for food brought from home: *(Please see our Healthy Food Guidelines sheet attached)*

Snack Time

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 or dried 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 wholemeal bread) with savoury filling, or plain crackers are most acceptable.

Lunch

P - 08 8584 1369 E - dl.0678_info@schools.sa.edu.au W - www.lnorthschool.sa.edu.au

- The healthy eating guidelines will still be in place
- 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

Foods unsuitable for preschool: include packaged foods, cakes, lollies, cordials and sweetened fruit juices.

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
- All food is stored hygienically in the fridge provided in the centre

Food-related health support planning

Our preschool:

- Liaises with families whose children are on special diets or have specific food allergies to ensure that the centre has a good understanding of that child's needs

Policy Updated and endorsed by staff and Governing Council – September 2014

Review due: September 2016

More information can be found at <http://www.decd.sa.gov.au/childrensservices/pages/policies/NQFpolicies/>
National Quality Standard [2.2](#)

[Regulation 168 \(2\) \(a\) \(i\)](#)

Related Key Regulations: [77](#), [78](#), [79](#), [80](#)

Note: Reg 79 and 80 do not apply to food and beverages provided by a parent.

