

## HEALTHY FOOD SUPPLY AND NUTRITION POLICY v1.0 (Review May 2025)

At Loxton North Preschool we promote nutritional eating habits in a safe, supportive environment for all children, in line with the *Right Bite Healthy Food and Drink Supply Strategy for SA Schools and Preschools*. We believe that early childhood is an important time for establishing and strengthening lifelong, healthy eating habits and can benefit children in many ways:

- In the short term, it maximises growth, development and activity levels, whilst minimising illness.
- In the long term, minimises the risk of diet related diseases later in life, for example: heart disease, stroke, some cancers and diabetes.
- It contributes to good health and wellbeing, vital for positive engagement in learning activities; and
- supports speech and dental development (Speech Pathologists and dentists recommend children should eat crunchy foods).

As a result, preschool staff will:

- ensure adequate health and hygiene practices are followed, as well as safe practices for handling, preparing and storing food, in line with Australian food safety standards,
- ensure children have access to safe drinking water at all times and are encouraged to drink water regularly throughout the day,
- be familiar with, and adhere to, individual needs and action plans for children with specific dietary requirements, (including when on excursion),
- model and encourage healthy eating behaviours,
- promote healthy eating habits amongst families and inform parents/caregivers of any specific restrictions when children with severe allergies attend; and
- provide information on enrolment, display nutrition information and promotional materials about healthy eating, include updates in newsletters and communication platforms; and invite families to participate in policy development and review.

### Curriculum and Learning Environment

Our programme:

- includes activities that provide children with the knowledge, attitudes and skills to make positive, healthy food choices and learn about the variety of foods available for good health,
- teaches the importance of healthy meals and snacks,
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food,
- is advised by the Early Years Framework and National Quality Standards; and
- supports children to be independent in managing their food and drink items including drink bottle and lunch box storage and handling.

## Food supply

Our preschool promotes eating **GREEN** foods above amber/red foods (as per the Right Bite Food and Drink Spectrum)

**GREEN** foods include:

Fresh fruits	Vegetable wedges	Yoghurt / custard (low fat, not chocolate flavoured)
Cheese	Dried fruit	Sandwiches with healthy fillings
Plain popcorn	Savoury biscuits	Pita bread / wraps with healthy fillings

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

**Foods unsuitable for preschool** include those from the red category such as packaged foods – ie: roll ups & chips, cakes, sweets & lollies, chocolate; and drinks other than water (cordials and sweetened fruit juices).

## Snack time

Parents and caregivers are asked to supply fruit and vegetables at fruit time to:

- provide children with important vitamins and minerals,
- encourage a taste for healthy foods; and
- encourage chewing which in turn, 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, in which case a healthy sandwich (multigrain or wholemeal bread) with savoury filling, or plain crackers, are most acceptable.

## Lunch time

Healthy eating guidelines remain 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 (eg: chips, pastries, cakes, lollies, crisps and soft drinks) to no more than once per term, in accordance with Healthy Eating Guidelines.

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Mandarin</li> <li>• Orange quarters</li> <li>• Passionfruit halves (with spoon)</li> <li>• Watermelon, honeydew, rockmelon chunks</li> <li>• Pineapple chunks</li> <li>• Grapes</li> <li>• Plums</li> <li>• Nectarines, peaches, Apricots</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Kiwifruit halves (with spoon)</li> <li>• Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>• In natural juice (not syrup)</li> </ul> 	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>• Corn cobs</li> <li>• Carrot sticks</li> <li>• Capsicum sticks</li> <li>• Green beans</li> <li>• Cucumber sticks</li> <li>• Celery sticks</li> <li>• Snow peas</li> <li>• Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>• Mushroom pieces</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tomato salsa</li> <li>• Tatziki</li> <li>• Beetroot dip</li> <li>• Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Coleslaw and potato salad (reduced fat dressing)</li> <li>• Mexican bean, tomato, lettuce and cheese salad</li> <li>• Pesto pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Grilled or roasted vegetables</li> <li>• Wholemeal vegetable muffins or scones</li> <li>• Vegetable slice (with grated zucchini and carrot)</li> <li>• Popcorn</li> </ul> <p><b>SOUP</b> (In small thermos)</p> <ul style="list-style-type: none"> <li>• Pumpkin soup</li> <li>• Potato and leek soup</li> <li>• Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Calcium-enriched soy and other plant-based milks</li> <li>• Yoghurt (frozen overnight)</li> <li>• Custard</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>• Cheese cubes, sticks or slices</li> <li>• Cottage or ricotta cheese</li> <li>• Cream cheese</li> <li>• Tatziki dip</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Wholegrain cereal, low in sugar</li> <li>• Vegetable sticks</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Tinned tuna or salmon in springwater</li> <li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>• Falafel balls</li> <li>• Lean meat or chicken patties</li> <li>• Tinned tuna or salmon patties</li> <li>• Lentil patties</li> <li>• Lean deli meats (e.g. ham, silveride, chicken)</li> <li>• Boiled eggs</li> <li>• Baked beans (canned)</li> <li>• Tofu cubes</li> <li>• Hummus dip</li> <li>• Lean meat or chicken kebab sticks</li> <li>• Peanut butter*</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> <li>• Side salad</li> </ul> <ul style="list-style-type: none"> <li>• Vegetable frittata</li> <li>• Skinless chicken drumsticks</li> <li>• Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>• Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Side salad</li> <li>• Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>• Wraps</li> <li>• Sandwiches</li> <li>• Rolls</li> <li>• Toasted sandwiches</li> </ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>• Pasta dishes</li> <li>• Rice, quinoa or cous cous dishes</li> <li>• Noodle dishes</li> <li>• Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>- Homemade pizzas</li> <li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>- Vegetable based muffins</li> <li>- Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>• High fibre, low sugar cereal (e.g. muesli)</li> <li>• English muffins</li> <li>• Crackers</li> <li>• Crisps/spreads</li> <li>• Rice cakes</li> <li>• Corn thins</li> <li>• Wholemeal scones</li> <li>• Pilelets</li> <li>• Crumpets</li> <li>• Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a water bottle (for refilling throughout the day)</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p> 

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

\*Check your school's policy regarding the use of nuts and products containing nuts.

## Food Safety

Our preschool:

- promotes and teaches food safety to children during learning/cooking activities,
- provides adequate hand washing facilities for everyone,
- promotes and encourages correct hand washing procedures with children; and
- stores all food hygienically in the fridge provided at the centre.

All staff will be familiar with, and follow:

- **SA Department for Education Oral eating and drinking procedure** as required. This procedure can be found on the department internet [edi.sa.edu.au](http://edi.sa.edu.au)
- **Preventing infectious diseases in early childhood education (Section 3.5 Food safety)**  
<https://www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services>

\*Please note:

Our preschool will liaise with families whose children are on special diets, or have specific food allergies to ensure the centre understands and manages that child's needs.

Should a child enrol with a **food allergy**, an individual plan will be developed with that child's family and communicated to all staff and parents (as required).

See resources and information for managing food allergy at Allergy and Anaphylaxis Australia Checklist for managing allergy - [Digital Product Details \(owna.com.au\)](http://owna.com.au)

Please also refer to the Nut Awareness policy provided on the website.

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This policy is required under National Legislation – Regulations 77 - 80, 168 (2) (a) (i) and 170

This policy meets the requirements of the National Quality Standard (Quality Area 2.2.1)

More details can be found at sources of information for this policy at:

[The Australian Dietary Guidelines | Australian Government Department of Health and Aged Care](#)

[Right Bite Healthy Food And Drink Supply Strategy For SA Schools And Preschools | SA Health](#)

This policy will be reviewed bi-annually and conducted by staff, families and Governing Council.

Document history	Version	Date approved	Description of change	Next date review
	1.0		Policy developed	1/05/2025
Review	2.0			

Approved by Governing Council on Wednesday 21<sup>st</sup> June 2023

