



MADGE SEXTON KINDERGARTEN

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy 1: Healthy Food Supply & Nutrition

Staff at Madge Sexton Kindergarten aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children:

- 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
- Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This food policy has been established after consultation with staff and Governing Council.

Curriculum

Our preschool's food and nutrition curriculum:

- 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.
- Is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at Madge Sexton Kindergarten:

- Have fresh, clean 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:

- 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:

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 wholemeal bread) with savoury filling or plain unsalted crackers (e.g. Vita-wheat) are most acceptable.

LUNCH

- 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, yoghurt, vegetable sticks etc.
- Please ask staff if you are unsure.

FOODS UNSUITABLE FOR FRUIT TIME OR LUNCH TIME INCLUDE:

- **ALL NUT PRODUCTS** - (Please note that this does not include foods that state 'may contain traces of nuts' as most foods now state this for food manufacturers to cover themselves.) We have children at our Kindergarten who have Anaphylaxis which is a serious condition and can be fatal if the correct prevention and treatment of the allergy does not occur.
- **EGGS** – This does not include baked goods such as cakes etc. but includes whole eggs (boiled & in sandwiches, and quiches) We have children who have serious egg allergies.
- **KIWI FRUIT** - We have children at our Kindergarten who have Anaphylaxis which is a serious condition and can be fatal if the correct prevention and treatment of the allergy does not occur.
- **MUESLI BARS** (as they are extremely high in sugar and most contain nuts.)
- **CORDIALS AND SWEETENED FRUIT JUICES.**
- **CHOCOLATE BARS AND ROLLUPS AND OTHER FOODS THAT ARE HIGH IN SUGAR.**
- **SAVOURY SNACKS THAT ARE HIGH IN SALT.**

Our Kindergarten 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 and crisps 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.

Children's Birthday Celebrations: Often staff are asked by parents if they are allowed to bring in a treat to give out to the children to celebrate their child's birthday. After much discussion, Governing Council and Staff would prefer if items are not brought in from home and instead, Kindergarten staff will ensure that every child has "Happy Birthday" sung to them by all of the staff and children and will also receive a birthday certificate, sticker and a balloon.

Lunch Orders: Lunch is able to be ordered through the McLaren Vale Primary School Canteen on children's full days of Kindergarten. Lunch must be ordered only from the Madge Sexton Kindergarten Canteen List (not the School List) as the Kindergarten staff have reviewed the list to ensure it contains foods acceptable for children to eat at Kindergarten. Lunch order lists are available from Kindergarten staff.

Food safety

Our preschool:

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.
- When cooking programs are in place, we will cook healthy options, and will inform parents through the entrance whiteboard as to 'What we are cooking today', for parents info.

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:

- 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.
- 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 & Governing Council: October 2015

To be reviewed: October 2016