



MADGE SEXTON KINDERGARTEN

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy 1: Healthy Food Supply & Nutrition

FOODS UNSUITABLE FOR KINDY DUE TO ALLERGIES

- **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.

ANY OF THE ABOVE FOODS THAT COME TO KINDY WILL BE SENT HOME.

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*, the *Australian Guide to Healthy Eating* and the '*Right Bite Healthy Food and Drink Supply Strategy for South Australian schools and preschools*'.
- Includes experiences 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:

Parents and carers are asked to supply **FRESH fruit and vegetables ONLY** 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 OR vegetables ONLY are recommended for fruit time. No other foods allowed.

- We understand that at times families may run out of fruit or vegetables.
- We will ensure that we will keep some spare fruit and/or vegetables on hand for these occasions.
- Please do not send an alternative.

- Please note that educators have much experience in supporting children who do not like to eat fruit or vegetables and will work with each individual to develop this healthy habit. This may involve starting with smaller amounts and working up to a full serve of fruit.
- The morning fruit and vegetable time at Kindy is compulsory. The afternoon fruit and vegetable time at Kindy is voluntary.
- Please see a staff member with any questions.

LUNCH

Parents are encouraged to follow the **'FOODS UNSUITABLE FOR KINDY DUE TO ALLERGIES' (LOCATED AT THE TOP OF THE FIRST PAGE OF THIS POLICY)** and ask staff if they have any issues.

- Please also consult the 'MSK Tips for A Kindy Healthy Lunch Box' for more detailed information about what you could pack.
- **We encourage families to pack as many green foods as possible, limit the amount of amber foods, and not pack red foods.**
- Please ask staff if you are unsure.
- **Children will be supported to eat foods classed as green first, followed by any amber foods. If your child is still hungry they can then eat their other foods. If your child does not have any lunch, staff will order a healthy sandwich from the School Canteen and bill you for it. You will receive a note in your pigeon hole about this.**

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, if at all, 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 MSK staff have reviewed the list to ensure it contains foods appropriate 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 experiences.
- 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 parent's information.

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: May 2020 / To be reviewed: March 2021