



# Healthy food supply and nutrition policy

## National Quality Standard Area 2 | Children's health and safety

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing.

### Purpose

As a Department preschool, McKellar Stewart Kindergarten supports healthy choices by promoting healthy eating and physical activity. Learning about healthy lifestyles in the children's everyday routines and experiences is encouraged by this site.

A strong sense of health and wellbeing supported by good nutrition and an active lifestyle provides children with confidence, energy and optimism that contributes to their ability to concentrate, co-operate, and learn.

Learning about healthy lifestyles, including nutrition and physical fitness, is integral to wellbeing and self-confidence

This policy applies to all staff and families at this site.



## Food curriculum

Our food and nutrition curriculum:

- > Is consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*. [Australian dietary guidelines 1 - 5 | Eat For Health](#)
- > 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.
- > Is integrated into our program and consistent with the Early Years Learning Framework and NQS.
- > Encourages children to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.
- > We provide information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays and the website
- > We invite health professionals to be involved in food and nutrition activities with the children where possible

## The learning environment

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children. We prioritise utilising our learning environment to provide children with opportunities to experience growing, harvesting, preparing food and sharing produce with their community.

Therefore:

- > Our staff model and encourage healthy eating behaviours
- > Food and drink are consumed in a safe, supportive environment for all children
- > Parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children
- > Parents are informed of allergies and foods to avoid at the time of transition

Our site:

- > Supports celebrations that are not related to food or drink
- > Understands and promotes the importance of breakfast and regular meals for children
- > Teaches the importance of healthy meals and snacks as part of the curriculum

## Food supply

Families are asked to provide healthy food for their child to eat. Lunches are stored inside but are not refrigerated; therefore, cool packs are required and are to be supplied by families. Educators are unable to reheat food. If children require warm food, families need to pack it in a thermos already heated. Please ensure that all lunch boxes, containers and drink bottles are clearly named.

### Morning/afternoon tea/Snack time

Generally, the less packaging in a lunch box the healthier it is for children. Fresh fruits, vegetables or a piece of cheese are recommended for fruit time. We understand that from time-to-time families may run out of fruit. A healthy sandwich (multigrain or wholemeal bread), with savoury filling, dried fruit, or plain unsalted crackers (e.g., Vitawheats) are acceptable. Children will be encouraged to eat their fruit/vegetables first.

This:

- > Provides children with important minerals and vitamins
- > Encourages a taste for healthy foods
- > Encourage healthy food and drink choices
- > Encourages chewing which promotes oral muscle development

- > Ensure healthy food choices are promoted and are culturally sensitive and inclusive

## Lunch time

The Australian Guide to Healthy Eating Guidelines apply to lunchtime. We encourage healthy food and drink choices for children in line with the **Rite Bite Strategy** and **The Australian guide to healthy eating**. Parents are encouraged to follow the above guidelines and speak with staff if they have any issues.

## Water

Children have fresh, clean water available always and are encouraged to drink water regularly through the day. Children are required to bring their own named drink bottle, if they are forgotten a cup is supplied for the day. Staff remind children to drink water on a regular basis.

## Special occasions and birthday guidelines

We celebrate birthdays by singing Happy Birthday to each child and giving a special sticker. We ask that parents/carers do not send cakes or other food treats with your child on their birthday and encourage non-food options such as stickers or bubbles etc if you choose to give a gift to celebrate your child's birthday (this is optional).

## Food safety

Our site:

- > Promotes and teaches food safety to children during food learning/cooking activities
- > Promotes and encourages correct hand washing procedures with children
- > Cooks healthy options using produce from our kindergarten garden
- > Does not reheat children's food
- > Children will sit down to eat
- > Children will not share their food with other children

## Guidelines for Children with specific Dietary Requirements

We liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues (e.g., allergies, dietary requirements, diabetes, cultural and religious etc.). Please speak to staff regarding your child's individual needs.

## Allergy aware

It is a requirement that all food provided for your child does not contain nuts. At times, there are children enrolled who have an anaphylactic allergy to nuts and sometimes other foods. This means that there can be serious and even fatal consequences for these children if they come into contact with these ingredients. Parents and caregivers are asked to provide lunchbox foods that do not contain nuts or nut products. Products containing "traces of nuts" which are found on most packaged foods are generally fine unless there is a child with specific allergy to traces as well. In this case, notes will be sent out to parents reminding them of the more stringent requirements.

## Supporting information

Rite bite: [SA Right Bite Food and Drink Supply Strategy - Healthy Kids \(healthy-kids.com.au\)](https://healthy-kids.com.au)

Eat for Health, Australian Dietary Guidelines: [Australian dietary guidelines 1 - 5 | Eat For Health](#)

Australian Guide for Health Eating: Daily Food Selection Guide: [Australian guide to healthy eating | Eat For Health](#)

## Approvals

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Approved by: Catherine Day | Director, McKellar Stewart Kindergarten

Approved by: Katie Cousins | Governing Council Chair, McKellar Stewart Kindergarten

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Approved by: Name | Kate Edwards, McKellar Stewart

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