



Food and Nutrition Policy of Moana Kindergarten

Rationale

Moana Kindergarten promotes safe, healthy eating habits. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in three ways:

1. Short term: Maximises growth, development and activity whilst minimising illness
2. Long term: Minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- ❖ Staff at this preschool 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 at preschool.

This food policy has been established after consultation with staff and parents within the preschool Community.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *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 Early Years Learning Framework where possible, **relating to the Learning Outcome 3: 'Children have a strong sense of wellbeing'**

The Learning environment

Children at our preschool:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- Will eat routinely at scheduled break times
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods
- 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
- Is a breastfeeding friendly site

Food Supply

Our preschool:

- Encourages **healthy food and drink choices** for children.
- Encourages food choices which are representative of the foods of the preschool community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a healthy food supply for preschool activities and events
- Distributes **nutrition information** and promotional materials about healthy eating
- Has the following guidelines for families for food brought from home or provided by staff within Preschool time:

Snack Time – Progressive Snack time

Parents and carers are encouraged to supply snacks from the following five food groups:

1. Vegetables
2. Fruits
3. Breads & cereals (preferably wholegrain with grainy bits you can see)
4. Dairy (choose reduced fat most times)
5. Meat, fish, poultry & alternatives (beans & legumes, eggs, and tofu)

To;

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.
- Help children concentrate, play and enjoy their day.

Food and drinks provided to children:

- Parents and carers are encouraged to provide healthy food and drink choices
- Staff will ensure that food provided to children by the preschool is in line with the *Right Bite* strategy.

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

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:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays

Note: If your preschool has a child with a serious **food allergy** (eg. Nuts), this will be communicated to all parents and staff.

Definitions

- Healthy Eating: Eating a wide variety of foods from the five food groups.
- Nutrition: The process of providing or obtaining the food necessary for health and growth of development.
- 'Discretionary'/'sometimes' food and drinks: Discretionary/ sometimes food and drinks are high in saturated fat, sugared, and/or salt. They typically have very little nutritional value and are often processed and packaged.
- Progressive snack time: Children can choose to eat a snack between a set time.

References

Australian Government Department of Health and Ageing – Get up and Grow Healthy Eating & Physical Activity for Early Childhood.

Right Bite - <https://healthy-kids.com.au/food-nutrition/nutrition-philosophy/>

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-2-childrens-health-and-safety>

Endorsed by Governing Council

Date 25th June, 2020

Chairperson Caitlyn Anderson

Director Carly Smith