



Poonindie Early Childhood Centre

2.0 Nutrition and Healthy Food Policy (site)

At Poonindie Early Childhood Centre we believe that adopting healthy eating habits early in life is important to enable children to develop optimally, and set themselves up to carry healthy habits into adulthood. Therefore, part of our program includes learning about and encouraging healthy eating and the effects of food/drink on the body.

Rationale

Our preschool is committed to promoting safe, healthy eating habits in line with the **Right Bite** Healthy Food and Drink Supply Strategy for South Australian Schools and relates to the DECD wellbeing strategy.

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

Short term: maximises growth, development, activity levels and good health.

Long term: minimises the risk of diet related diseases later in life.

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Staff at our 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 on Governing Council.

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 EYLF where possible, relating to the developmental learning outcome: 'Children develop a sense of physical wellbeing'.
- Where possible make connections with Health Services.

The Learning Environment

Children at our preschool:

- Have fresh 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 food.

Our preschool

- 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

Recess

Parents/Caregivers are encouraged to supply fruit and vegetables for recess to:

- Provide children with important minerals and vitamins.
- Encourage a taste for healthy foods.

Children are encouraged to eat a piece of fruit/vegetable before eating something else from their lunch boxes.

Food and drinks provided to children

Parents and Carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy:

- Staff will ensure that food provided to children by the preschool is in line with the **Right Bite** strategy.

Food Safety

Our preschool: ***** IS A NUT FREE 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 and Industry

Our preschool:

- Invites parents and caregivers to be involved in the review of our food and nutrition policy through Governing Council.
- Provides information to families and caregivers about the **Right Bite** Strategy through a variety of ways including: newsletter, policy/development review, information on enrolment, displays of children's work/learning around the **Right Bite** Strategy.

This policy was created in consultation with Governing Council, staff and families.

Directors Signature _____ Chairperson Signature _____

Review Date: 22/8/23.

Next review 2025.