



## **Trott Park Kindergarten**

### **Right Bite Food Supply and Nutrition Policy for Preschools**

#### **Healthy Food Supply and Nutrition Policy of: Trott Park Kindergarten**

##### **Rationale**

This preschool promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DECS 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:

1. Short term: maximises growth, development, activity levels and good health.
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 curriculum where possible
- is part of the Early Years Learning Framework and the National Quality Standards

##### **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

Our preschool:

- provides rewards/encouragements 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
- is a breastfeeding friendly site

##### **Food supply**

Our preschool:

- encourages healthy **food and drink choices** for children in line with the **Right Bite** strategy
- 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** in line with the *Right Bite* strategy
  - displays **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**

#### **Fruit Time:**

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- o provide children with important minerals and vitamins
- o encourage a taste for healthy foods
- o encourage chewing which promotes oral muscle development

#### **Lunch Time:**

Parents and carers are encouraged to supply foods based on the Green Category in the Right Bite Guide to Healthy Food and Drink Supply including:

- o breads, cereals, rice, pasta and noodles
- o vegetables and legumes
- o washed fresh fruit, canned fruit in fruit juice, dried fruits
- o dairy foods – reduced or low fat yoghurt and cheese
- o lean chicken, beef, lamb, pork, canned tuna and salmon, eggs
- o water

#### **Foods unsuitable for kindy:**

Parents and carers are encouraged not to supply foods based on the Amber and Red Categories in the Right Bite Guide to Healthy Food and Drink Supply including:

- o cakes muffins and sweet biscuits
- o chips, lollies and chocolate
- o breakfast bars, fruit bars and cereal bars
- o oil popped popcorn

Many of these foods have a high salt, sugar, fat and kilojoule content per serve. It is recommended that snack foods contain less than:

- o 600kj per serve
- o 3 grams of fat per serve
- o 200mg of sodium per serve

**We are a nut free kindy. Products containing peanut butter and peanuts, Nutella, and all other nuts are not to be provided for children's snacks. Please read labels carefully. Products with the warning "may contain traces of nuts" are not to be eaten at kindy and will be sent home.**

#### **Food and drinks provided to children:**

- o parents and carers are encouraged to provide healthy food and drink choices in line with the *Right Bite* strategy
- o 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 through the Governing Council
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
  - o newsletters
  - o policy development/review
  - o information on enrolment
  - o pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

The Educators at Trott Park Kindergarten thank you in advance for your support of this policy.

Signed \_\_\_\_\_ (Governing Council Chairperson)

Date \_\_\_\_\_ Review Date \_\_\_\_\_

