



HEALTHY EATING POLICY

Staff at this Preschool aim to promote healthy 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 in three ways.

1. Short term: Assists concentration, energy levels, calm behaviour and maximises growth development.
2. Long Term: Minimises the risk of diet related diseases later in life. Establishes healthy eating patterns.
3. Advice from Speech Pathologists and Dentists indicate that children should be eating crunchy foods to promote oral muscle development and healthier teeth and gums.

This policy has been established after consultation with staff and parents in the preschool community.

Curriculum

Our Preschool's food and nutrition curriculum:

1. Includes activities that provide children with knowledge, attitudes and skills to make positive healthy choices and learn about the wide variety of foods available for good health.
2. Includes opportunities to develop practical food skills like preparing and eating healthy food.
3. Integrates nutrition across the curriculum where possible.
4. Is part of the National Quality Standards and Early Years Learning Framework.
5. Uses a number of healthy eating strategies including a shared fruit day that encourages children to try new fruit and vegetables.

The Learning Environment

Children at our Preschool:

1. Have fresh tap water available at all times and are encouraged to drink water regularly through the day.
2. Eat in a positive, social environment with staff who model healthy eating habits.
3. Have access to the BREAKFAST BOX
4. Use garden facilities and resources for growing and learning about healthy foods.

Working with families

Our preschool:

- Has invited parents and caregivers to be involved in the review of our whole site food and nutrition policy
- Provides information through Newsletters, Policy review, information on enrolment and poster displays.
- Invites professionals to be involved in food and nutrition activities with children.

Food Supply

Our preschool encourages healthy food choices in accordance with the Right Bite guidelines.

Snack Time

Parents and Caregivers are asked to supply fruit and vegetables at fruit time to:

- Provide children with important vitamins and minerals
- Encourage a taste for healthy food
- Encourage biting and chewing, which promotes oral muscle development

If fruit and vegetables are unavailable a healthy sandwich with savoury filling, a piece of cheese, dried fruit or plain crackers or popcorn can be an alternative.

Our Preschool 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, crisps and soft drinks to no more than twice a term, in accordance with the Right Bite Guidelines. Our Preschool has extra fruit in the fridge for children when they need it.

Foods Unsuitable for Snack Time

Packaged foods such as cakes, potato chips, chocolate bars and sweets.

ALL NUT PRODUCTS including peanut butter and Nutella.

Cordial, juice, flavoured milks and soft drinks.

*Foods that are unsuitable for Preschool will be sent home.

Food safety

Our preschool:

- Promotes and teaches **food safety and hygiene** to children during food learning / cooking activities.
- Encourages staff to access training as appropriate to the Right Bite Guidelines.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.
- Prepare and /or cooks healthy options with the children.
- Provides recipes for families through our Learning Journey Folder.
- Our preschool follows food support plans for individual children related to food issues that are accessible to all staff.

Approved by: Governing Council

Review date: August 2015

Next review: Term 3, 2018