



Vale Park Preschool

Nutrition and Food Policy

At Vale Park Preschool we promote nutritional eating habits in a safe and supportive environment for all children attending preschool. Children learn eating habits from their parents and other people who care for them. These habits learnt during childhood tend to continue into adulthood.

Rationale

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 and activity whilst minimising illness.
- Long term: Minimises the risk of diet related diseases.
- 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 care givers are encouraged to supply healthy foods (a list is provided to support your choice of food) in line with the Rite Bite Strategy.
- Parents are informed of specific restrictions when children attend with severe allergies to ensure the safety of all children.

This food policy has been established after consultation with educators and parents within the preschool community. It is based on the Dietary Guidelines for Children and Adolescents in Australia (NHMRC 2003) and the DECD 'Rite Bite Strategy'.

Curriculum

Our preschool's food and nutrition curriculum:

- Is consistent with the Australian 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 and education across the curriculum, incidentally and in planned programs.
- Is part of the Early Years Learning Framework and National Quality Standards.

The Learning Environment

Children at our preschool:

- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring their own named drink bottle.
- Are encouraged to eat nutritious food at each meal time.
- Eat in a positive, appropriate, social environment with educators who model healthy eating behaviours.
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

Nutrition and Food Policy cont.

Our preschool

- Understands and promotes the importance of breakfast for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum;
- Is a breastfeeding friendly site.
- Displays nutrition information and promotional materials about healthy eating and provide information updates in newsletters.

Food Supply

The preschool has the following guidelines for families about food brought from home:

SNACK TIME (morning and afternoon)

Families are asked to supply fruit and vegetables at Snack time to:

- Nourish children with important minerals and vitamins.
- Encourage a taste for healthy foods.
- Promote healthy food choices which are culturally sensitive and inclusive.

LUNCH TIME (Children who have lunch at preschool)

Families are asked to bring healthy food to eat. Please see the attached list for suggestions on healthy choices and unsuitable foods.

- Parents will be contacted if lunch is not provided and dry biscuits are provided if necessary.
- Lunches will be stored inside but are not refrigerated. Cool packs are required to be supplied by families.
- Educators are unable to reheat food.

DRINKS

Water is provided, however we appreciate children bringing a named water bottle. Cups will be provided when needed.

SPECIAL OCCASSIONS AND BIRTHDAY GUIDELINES

The 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 once a term, in accordance with the Healthy Eating Guidelines.

Food Safety

Our preschool:

- Promotes and teaches food safety to children during food learning/cooking activities.
- Encourages educators to access training as appropriate to the Healthy Eating Guidelines.
- Provides and promotes adequate hand washing facilities for everyone.

Food-related Health Support Planning

Our preschool:

Liases with families to ensure suitable food is available for children with health support plans that are related to food issues.

Working with Families, Health Services and Industry

Our preschool:

- Invites parents and care givers to be involved in the review of this Food and Nutrition Policy.
- Invites health professionals to be involved in food and nutrition activities with the children and families when appropriate.
- Promotes the alignment of fundraising with the Australian Dietary Guidelines for Children and Adolescents in Australia.

Nutrition and Food Policy cont.

This policy will be shared with all new educators and families, and available on the website and in the preschool policies folder.

This policy has been developed in consultation with the Governing Council, educators and families of the centre.

This policy will be reviewed and evaluated regularly and modified as required to ensure continued relevance for the centre.

The Governing Council endorsed this policy on:

8th September 2016

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Chairperson

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Director



Vale Park Preschool

Nutrition and Food Policy (ALLERGIES)

At Vale Park Preschool we promote nutritional eating habits in a supportive environment for all children attending preschool.

Children can have severe, life threatening food allergies. Specific food may be eliminated from the Preschool to ensure the safety of all children.

**NO NUTS OR NUT PRODUCTS
NO EGGS OR EGG PRODUCTS**
are to be brought to preschool.

We have children attending preschool who have severe, life threatening reactions to these products

We encourage children to eat healthy food and develop healthy eating habits. Children are supported to only eat the food provided by their families and not to share food. Children are educated about allergies and the importance of eating their own food.

For the safety of all our children, our requirements are outlined below.

Food Supply

Our preschool has the following guidelines for families for food brought from home:

SNACK TIME (morning and afternoon)

Families are asked to supply **fruit and vegetables** at Snack time.

LUNCH TIME

Families are asked to bring healthy food to eat.

They may bring milk products but nut and egg products are not allowed.

Please see attached form for healthy options for lunch.

Food Safety

Educators and children will wash their hands before and after eating, using appropriate hygiene practices. All eating areas will be cleaned and materials washed after both snack and lunch times.

This policy will be shared with all new educators and families, and available on the website and in the Preschool Policies folder.

This policy has been developed in consultation with the Governing Council, educators and families of the centre.

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The Governing Council endorsed this policy on:

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