



Lonsdale Heights Preschool Healthy Food Supply and Nutrition Policy

This policy is consistent with the requirements of the:

- **National Quality Standard and Regulations**
 - o **National Quality Standard 2.1, 2.2**, as well as 2.1.3, 1.1, 1.13, 1.2.2, 1.3.3, 6.1,
 - o **Regulation 168, 77 and 78**, as well as Regulations 103, 77, 78, 79, 80
- **Department for Education – Nutrition and dietary requirements in preschool**

Rationale

Staff at this preschool aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits. We promote safe, healthy eating habits in line with the Rite Bite Healthy Food and Drink Supply Strategy for South Australia

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Australian Dietary Guidelines for Children and Adolescents in Australia, Right Bite Food and Drink Spectrum, 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;
- integrates the Early Years Learning Framework and National Quality Standards where possible

The Learning Environment

Children at our preschool:

- have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly throughout the day
- are encouraged to bring their own named drink bottle filled with water.
- are encouraged to eat in a positive, appropriate, social environment with staff and volunteers who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:

- understands and promotes the importance of a healthy breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- provides rewards/encouragements that are not related to food or drink

Food Supply from Home

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
- displays nutritional information and promotional materials about healthy eating

1. **FRUIT TIME/SNACK TIME:**

Families are encouraged to provide fruit, vegetables, cheese and yoghurt:

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

2. **LUNCH TIME:**

Families are encouraged to provide healthy food and drink choices in the following ways:

- A healthy lunch box may include sandwiches, fruit, fruit sticks, yoghurt, cheese etc.
- Sweet foods are discouraged
- the preschool is allergy aware around nuts and nut products.

Food Safety

Our preschool:

- Promotes and teaches food safety to children during food learning/cooking activities
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children
- Ensures all eating surfaces are cleaned before and after use.

Working with families, health services and industry

Our preschool:

- Invites families to be involved in the review of our whole of site healthy food supply and nutrition policy
- Provides information for families about the Right Bite Strategy in a variety of ways
- Liaises with families to ensure a suitable food supply and support for children with health support plans or specific health/eating issues.

Sources:

Rite Bite Website

Dietary Guidelines for Children and Adolescents In Australia

Australian Guide to Healthy Eating

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