

HEALTHY FOOD POLICY

Policy Statement

Based on the DfE HEALTHY EATING GUIDELINES AND AUSTRALIAN DIETARY GUIDELINES for children and adolescents, it is emphasized that there is a need to:

- Enjoy a wide variety of nutritious foods
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate amount of sugar and foods containing added sugars
- Choose low salt foods and use salt sparingly.

Nutrition Policy Aims

The purpose of this policy is to:

- Encourage and support children to develop healthy eating habits
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the preschool and foods brought from home will reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural needs relating to special dietary requirements.
- Raise awareness of good nutrition principles amongst our community.

Shared fruit/vegetable Guidelines

- Children should bring either a piece of fruit or vegetables to share at fruit time.

Lunch Guidelines

- Lunchboxes are stored in a fridge upon arrival and then children put their own empty lunch boxes back into their bag after lunch.
- Educators are unable to heat children's lunches due to Health and Safety requirements.

Drink Guidelines

- Children will be encouraged to drink water through-out the day.
- Fresh drinking water is to be available to the children at all times.
- Children who bring their own drink container should only bring water.
- Educators refill drink bottles at lunch time and when necessary.

Special Occasions/Birthday guidelines

- It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the centre, these occasions will be discussed and decided upon at Governing Council meetings.
- We acknowledge children's birthdays by singing the birthday song.

HEALTHY FOOD POLICY - CONTINUED

Staff Responsibilities

- Staff will encourage children to try new foods.
- Staff members will supervise children when eating.
- Learning about food and nutrition will be included in the curriculum eg. Growing vegetables, hands on cooking and tasting experiences.
- Principles of good hygiene practice will be incorporated into daily routines to support this policy eg. Hand washing.
- Food will not be used as a form of punishment or reward either by its provision or denial.
- Staff will respect the food preferences of children.
- Staff will provide parents with nutrition information via pamphlets and newsletters.
- Staff will act as role models in relation to their own food choices at the centre.

Parent's responsibilities

- Parents will be made aware of this policy upon enrolment of their child at the centre.
- Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs must advise the Executive Facilitator.

Governing Council responsibilities

- Support staff in the implementation of the NUTRITION POLICY.
- This policy has been developed by the staff members of the centre in consultation with the Governing Council.

Healthy Food Policy	Review Date: February 2022
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