

# Barker Kindergarten

## Healthy Food Supply and Nutrition Policy

### National Quality Standard 2.2

Reviewed, updated and endorsed by staff and Governing Council November 2015  
Next Review Due: November 2016



*Educators at Barker Kindergarten aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe early childhood is an important time for establishing lifelong healthy eating habits. This policy has been established after consultation with educators and parents, and follows the Rite Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools Healthy Eating Guidelines (DECS, 2004). A copy is available for parents.*

### Curriculum:

Barker Kindergarten'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 across the curriculum where possible.
- Represents the practices and principles of the Early Years Learning Framework.
- Lunchtime is part of the curriculum and children are encouraged to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.

### The Learning environment:

Children at Barker Kindergarten:

- Have fresh 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, which they can store in the fridge if they choose.
- Eat in a positive, appropriate, social environment with educators who model healthy eating choices.
- Use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious food.

### Food supply:

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

- **FRUIT TIME**

Parents and guardians are asked to supply a piece of fruit or vegetable which is for a shared fruit time mid-morning. The children assist parents and educators to prepare the platters of fruit. Platters of fruit are available for children throughout the day to help themselves if they require a further snack. This:

- Provides children with important minerals and vitamins.
- Encourages a taste for healthy foods.
- Encourages chewing which promotes oral muscle development.

- **LUNCHTIME**

The *Healthy Eating Guidelines* apply to lunchtime. Barker Kindergarten encourages healthy food and drink choices for children in line with the Rite Bite Strategy. Parents are encouraged to follow the above guidelines, and ask staff if they have any issues. **A healthy lunch box might include a sandwich, wraps, sushi, rice crackers, fruit, yoghurt, cheese, veggie sticks etc.**

Our Kindergarten 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 in accordance with the Healthy Eating Guidelines.

- **BIRTHDAY CELEBRATIONS**

Please do not send cakes or other birthday food treats to kindergarten. We will celebrate with a song or two and candles on our wooden gingerbread cake.

### **Food safety:**

Barker Kindergarten:

- Promotes and teaches food safety to children during food learning/ cooking activities.
- Provides a fridge for the storage of children's lunch boxes. Temperature is checked daily.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.
- We cook healthy options using produce from our kindergarten garden.
- We provide recipes for families. We have our own Barker Kindergarten recipe book.
- We are a nut aware centre. Due to the significant number of children who have food allergies and to provide a safe environment for everyone in our community, children are not to bring food containing nuts to kindergarten. (E.g. nuts, peanut butter, Nutella).
- Children will not share their food with other children.
- Children will sit down to eat.

### **Food-related health support planning**

Barker Kindergarten:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues (e.g. allergies, dietary requirements, diabetes, cultural and religious etc.)

### **Working with families, health services & industry**

Barker Kindergarten:

- Has invited the children, parents, guardians and caregivers to be involved in the review of our whole of site healthy food supply and nutrition policy.
- Invites health professionals to be involved in food and nutrition activities with the children.
- Provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays and the website.

