



Local Healthy Food and Nutrition Policy

National Quality Standards and Regulations

Quality Area 2: Children's Health and Safety (2.2)

Regulation 168 (2) (a) (i)

Related key regulations: 77, 78, 79, 80

Note: Regulation 79 and 80 do not apply to food and beverages provided by a parent

Background

Hackham East Kindergarten is committed to promoting safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools. Healthy eating practices help the development of children's speech and sounds. The chewing action is necessary to exercise and strengthen the jaw, needed for the complex development of speech. This policy covers important health and safety implications that may have a life threatening impact for some children or adults.

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, activity levels and good health.

Long term: minimises the risk of diet related diseases later in life.

Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Principles

This policy has been developed based on the following principles:

- The health and safety of all students, especially those with severe, rapid and life threatening (anaphylactic) responses to food allergens
- Providing a consistent approach to the management of food handling, dietary requirements, special occasions and cultural considerations
- Providing children with an education around healthy food choices that allows them to grow into happy, healthy people
- Consultation with staff, parents and caregivers within the kindergarten community

Scope

This policy applies to all staff, parents, caregivers and site visitors

There are no exemptions

Allergen Awareness

At times we will have children attending our kindergarten who have been diagnosed with a severe food allergy e.g. to nuts or eggs. Exposure to products containing these foods may cause an anaphylactic reaction for these children. An anaphylactic reaction can be so severe it can cause serious illness within minutes of ingestion or contact. Food restrictions will reflect the needs of the children attending and may be subject to revision, please discuss the dietary needs of your child with educators.

Eating at kindy

Hackham East Kindergarten observes two formal food breaks throughout the day, morning 'fruit time' and lunch. Each day children should bring:

- One serve of fruit or vegetables for 'fruit time' that will be placed in your child's locker, next to their bag.
- A lunch box, to be placed into the lunch trolley, consisting of
 - Carbohydrates e.g breads and cereals for body and brain energy and to help fill tummies (*sandwich, roll, wrap, pikelets, fruit bread, savoury biscuits, rice, pasta, sushi*)
 - Protein foods for strong muscles (*meat or fish in sandwiches/salads, left over casseroles or pastas [these will be served cold as the kindergarten cannot heat up food], boiled eggs [pre-peeled]*)
 - Calcium rich foods for strong bones (*cheese, yoghurt, broccoli, spinach*)
 - Fruit and vegetables for vitamins, minerals and fiber (*carrot sticks, cherry tomatoes, cucumber, apples, pear, strawberries, bananas, etc*)
- A drink bottle containing only water. Water is available throughout the day

** Please ensure all lunchboxes, containers and drink bottles are clearly labelled with your child's name. Lunchboxes should have cold packs to retain freshness and avoid spoiling**

Responsibilities

Staff will

- Encourage children to wash their hands prior to handling any food
- Encourage children to be independent with their own food and feeding themselves
- Encourage children to sit down whilst eating in the designated areas
- Supervise children while they are eating
- Encourage children to dispose of their own food scraps in the appropriate buckets for recycling and composting
- Ensure that children do not swap their food with other children to avoid unknown adverse reactions
- Ensure that children are reminded to drink sufficiently to avoid dehydration

Parents and Caregivers will

- Be made aware of this policy upon enrolment of their child at the kindergarten
- Be encouraged to support this policy and where difficulties arise in the provision of suitable foods, families will be consulted
- Discuss dietary or cultural/religious food requirements with educators

Cooking at Kindergarten

Throughout the year we will undertake cooking and food preparation experiences with the children. We aim to include opportunities for children to develop practical food skills, and participate in experiences that provide them with knowledge, attitudes and skills to make positive healthy food choices. We want them to be aware of foods from cultures within our kindergarten and local community, and to learn how to make food culturally sensitive and inclusive. We will encourage children to try new foods and expose them to new recipes. These recipes will be shared with families.

Special Occasions

At Hackham East Kindergarten we enjoy celebrating children's birthdays or special occasions in a way that supports our food policy. We celebrate with your child at mat time by inviting them up the front. We sing happy birthday and they blow out the candles on our fake cake. We ask that you do not bring in anything extra for birthdays.

Endorsed by Governing Council:	May 2022
Review Cycle:	2 years
Next Review:	May 2024