

The Pines School Based Preschool

Nutrition and Food Policy



At the Pines we aim to promote healthy eating and teach children to make healthy food choices in a safe, supportive environment.

Snack time at Preschool is an important break in the session and provides a social environment for the children. It also provides an opportunity to develop healthy eating habits.

Policy rationale

We believe that early childhood is an important time for establishing lifelong, healthy eating habits. Healthy foods help children to concentrate, learn and build energy reserves for sustained physical activity.

Our policy is based on the [AUSTRALIAN DIETRY GUIDELINES](#) for children and adolescents and [DECD\(Department of Education and Child Development\) "Rite Bite Strategy"](#),

This Government Strategy emphasises the need for children to-

1. Enjoy a wide variety of nutritious foods.
2. Eat plenty of breads and cereals, vegetables and fruits.
3. Include dairy products such as milk, cheese and yogurt in their diet
4. Eat foods that are low in saturated fat.
5. Balance food intake with physical activity
6. Eat only moderate amounts of sugars and foods containing added sugars
7. Choose low salt foods and use salt sparingly
8. Be taught to avoid foods that can cause adverse reactions (allergies) and not to share foods with others that may have adverse reactions.

Nutrition Policy Aims



The purpose of this policy is therefore to-

1. Encourage and support children to develop healthy eating habits
2. Promote children's understanding of how food affects health and the relationships between healthy eating and good health.
3. Ensure that food provided at the preschool and food brought from home will reflect the DECD "Rite Bite Strategy"
4. Support children who have health and cultural needs relating to special diet requirements
5. Raise awareness of good nutrition principals

Nutrition Strategies

Fruit/Snack Time Guidelines



Pease provide your child with fruit or vegetables

This will

- Provide your child with important vitamins and minerals
- Encourage a taste for healthy foods
- Encourage chewing which promotes muscle development which is very important for speech development.

We understand that at times fruit may be in short supply. Here is a list of ideas for snack time

- A healthy sandwich with a savoury filling such as cheese or meat
- Dried fruit
- Rice cakes plain or with butter/vegemite
- Cheese sticks
- Sultanas
- Cracker biscuits/crisp breads
- Yoghurt

Our policy does not include items such as cakes, chips, lollies, custard, sweet biscuits or any soft drinks.

If your child brings an inappropriate snack they will be asked to put it back in their bags to eat when they get home and parents/caregivers will be notified via a note in their child's information pocket. An alternative snack will be offered instead



PLEASE NOTE THAT THIS CENTRE IS A NUT AWARE PRESCHOOL

As a number of children attending this preschool have severe allergies to nuts, any foods containing nuts are not allowed. We ask that you check food labels to ensure all foods are nut free. No Nutella or peanut paste spreads in sandwiches.

Lunch Guidelines



For children who access our lunch care program, parents are encouraged to follow the Fruit/Snack guidelines. If parents have any concerns please speak to a staff member.

- A healthy lunch box might include a sandwich, fruit, yogurt, vegetables, cheese and dried biscuits. Sandwiches can contain any fillings except for those containing any nuts .
- Cultural food will be acknowledged and accepted

- Children will be encouraged to drink water with their lunch.
- Children who attend the lunch time should have a separate container for their lunch and this is to be placed in the lunch eskies.

Again-Please do not include chocolate, sweet biscuits, lollies, cakes, chips etc.

Drink Guidelines



Children are asked to bring their own named drink container of water.
Drinking water is available for the children at all times

Food Safety in our Preschool



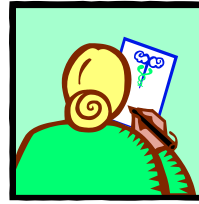
We provide hand washing facilities for all adults and children.
We promote correct hand washing procedures with children.
We promote healthy foods and healthy eating through cooking experiences
Staff will follow Safe Hygiene practices when handling food.

Our Preschool's Food and Nutrition curriculum:

- Is consistent with the 'Australian Dietary Guidelines for Children and Adolescents in Australia,' and the 'Rite Bite Strategy.'
- 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 of preparing and cooking healthy food
- Integrates nutrition across the curriculum where possible.
- Is part of the Early Years Learning Framework and NQS

Food Related Health Support Planning

Working with Families



Our Preschool liaises with families to support children with health plans that are food related.

Provision will be made for those children who require specific foods for dietary and health needs or because of cultural / religious beliefs.

This can be discussed with Staff.

We also provide parents with nutrition information via pamphlets, newsletters and the noticeboard, about the importance of good nutrition, healthy food choices and balanced, varied meals.

We respect the food preferences of families

We make sure that parents are aware of this policy upon enrolment of their child at the preschool.

Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.

We remind all parents that cakes, biscuits, chips, chocolates, lollies, custard, roll ups are not considered as suitable snacks

- Children who require specific foods because of dietary health needs or because of cultural/ religious beliefs then provision for this can be discussed with the staff.

Happy, healthy eating!



Ratified by the Governing Council -7th September 2012