



Angaston Kindergarten

Healthy Food and Nutrition Policy

Rationale:

At Angaston Kindergarten, we believe that early childhood is an important time for establishing lifelong healthy eating habits. We aim to promote nutritional eating habits, to support children growing up with a sound knowledge of good nutrition. We aim to promote this in a safe, hygienic and supportive environment with partnerships that assist in the sharing of nutritional family and multicultural values for all children attending this centre.

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 kindergarten and foods brought from home will reflect the Australian Dietary Guidelines ([Eat For Health](#)) and Rite Bite Program 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.

Curriculum:

At Angaston Kindergarten our food and nutrition curriculum is:

- Integrated across the implementation of The Early Years Learning Framework.
- Consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*.
- Provides experiences that provide children with the knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- Provides experiences for children to develop practical food skills such as preparing and cooking healthy foods.

Learning Environment:

Children at Angaston Kindergarten:

- Have access to fresh clean Pura tap water and are encouraged to drink water regularly throughout the day.
- Are encouraged to monitor their own snack and lunch time and have access to a designated area to snack when they feel hungry.
- Will have access to designated areas that promote a positive, social environment with staff who model healthy eating behaviours.



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- Use the kindergarten garden to learn about and experience growing and harvesting health foods.

Our Preschool:

- Is a Breastfeeding friendly site.

Food Supply:

At Angaston kindergarten we:

- Encourage healthy food and drink choices for children.
- Encourage food choices which are representative of the foods of the preschool community.
- Ensure healthy food choices are promoted and are culturally sensitive and inclusive.
- Ensure a healthy food supply for preschool experiences and events.
- Display nutrition information and promotional materials about healthy eating.

Parents and Caregivers:

Parents / caregivers are to provide all food including snacks and lunch. The food supplied will be consistent with the dietary guidelines for children. Parents are to ensure that they pack ample food for their child for their time at preschool.

- On enrolment parents / caregivers are provided with the sites Healthy Food Supply and Nutrition Policy as well as supporting resources to assist in providing an age appropriate healthy lunchbox.
- Parents /Caregivers will also be given nutritional information in an informal way through conversations with educators, newsletter articles, and information leaflets at regular intervals.
- Families who require specific foods because of dietary health needs or because of cultural/reliefs need to liaise with the Director of the preschool.
- Parents are informed that Angaston kindergarten is an **ALLERGY AWARE** site and if a child presents with a specific food allergy all parents will be informed of the allergy item and encouraged to provide an alternative to those foods in their lunch boxes.
- Parents and caregivers are encouraged to play an active role in sharing their culturally favourite foods through cooking with the children.

Food Safety and Hygiene:

At Angaston Kindergarten we:

- Are Allergy Aware site.
- Promote and teach food safety as part of our ongoing curriculum
- Provide adequate hand washing facilities for everyone and intentionally teach children to use effective hand washing techniques before and after eating, or food preparation.
- Children and Staff will remain seated while eating, to minimise potential choking incidents.
- Foods considered a high choking risk, such as raw apple and carrot; whole grapes and cherry tomatoes will be prepared appropriately for the age of



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children. The guidelines for prevention of choking apply to all children birth to 5 years old.

Food-related Health Support Planning

Parents must advise the Director on enrolment or when appropriate, if their child has a special diet for medical or non-medical reasons such as allergy, intolerance, food sensitivity or specific requests based on family or cultural preferences. requirements required.

At Angaston Kindergarten we:

- Laisse with families to ensure a suitable food supply for children
- Laisse with families to plan and implement a Health Support Agreement.

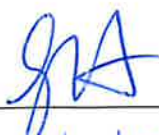
Staff Responsibilities:

At Angaston Kindergarten:

- Staff will supervise children when eating.
- Provide a Learning Program which provides ongoing education about healthy eating.
- Staff will encourage children to try new foods.
- Food will not be used as a form of behaviour management by its provision or denial.
- Staff will act as role models in relation to their own food choices at the centre.
- Children will be encouraged to use self-help skills and to learn to choose to eat the healthier food options from their lunch box first.
- Remind children to regularly access their water bottles throughout the day and when stopping for a snack or lunch.
- Staff will monitor when children have eaten with a rolling lunches checklist and follow up with those children who have not eaten by 12pm

Endorsed by Staff and Governing Council:

Governing Council Chair: 
Date: 10/11/22

Director: 
Date: 10/11/22

