



# Allenby Gardens Preschool

## Food and Nutrition Policy

### RATIONALE

Children's early years are an essential time to help them establish healthy eating habits and a positive attitude toward healthy food that will set the pattern for their adult eating behaviours, provide them with long term health benefits, and help maximise their growth. Preschool provides staff with an ideal opportunity to positively influence children's eating habits through healthy role modelling and helping children learn about healthy food and drink choices in a safe, supportive environment. Staff also have many opportunities to promote, inform and guide parents to make healthy food choices for their children and families.

Development of a Nutrition/Healthy Eating policy will help to ensure these opportunities to positively influence children and families' eating habits are consistently utilised by staff to assist children and families to meet dietary guidelines.

### AIMS

The aims of our policy are to promote, encourage and support nutritional eating habits for all children attending our program and their families.

We believe in the importance of healthy eating for children.

Eating experiences our staff provide for children will focus on enjoyment, participation and encouragement of positive healthy eating habits, in addition to learning through, with and about healthy eating.

### IMPLEMENTATION

#### Our Preschool Program

- Integrates nutrition education across the curriculum.
- 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.
- Teaches the importance of healthy food and snacks as part of the curriculum.
- Supports children/families to learn about healthy and 'sometimes' foods, making healthy food choices, and the benefits of eating healthy food.
- Considers children's cultural and developmental differences in relation to food choices.
- Promotes healthy food/drink choices in accordance with the Australian Guide to Healthy Eating

#### Staff Participation and Support

- Staff provide a positive, appropriate, supervised, social environment for eating.
- Staff support children to engage in consistent eating routines.
- Staff encourage children to taste (try) a range of different healthy foods to help them develop their food knowledge and broaden their taste preferences.
- Staff model a positive attitude and participation by eating healthy food and drinking water with the children.

#### Safe Eating Environment

- Appropriate eating utensils are available to the children in our program,
- Children are supervised during snack and meal times at all times by staff.
- Staff promote and teach basic food safety (e.g. correct hand washing procedures) to

children during food learning activities and in relation to eating routines. Children are supported to wash their hands before and after eating

- Adequate hand washing facilities are provided for staff and children.
- Food for cooking experiences is kept and cooked at the appropriate temperature.
- Children's food is kept out of direct sunlight in an air-conditioned space. Parents are encouraged to use an ice pack in children's lunch boxes during hot weather.

### **General Practices**

We respectfully ask families not to send in foods which contain nuts to avoid any possible allergic reactions.

Staff monitor children's eating carefully and also monitor what foods are in lunch boxes.

Children eat together and are supervised to ensure appropriate food is eaten.

Water is the only acceptable drink.

Packaged and processed foods are discouraged as these products are often high in salt or sugar.

Foods with low nutritional value and high salt and/or sugar such as lollies, chocolate, chips etc are not appropriate for Preschool and may be returned to be eaten at home.

### **Birthday Treats**

Due to food allergies, we do not have special food treats for birthdays. Children blow out candles on a pretend birthday cake.

### **Parent Information**

Information about nutrition is made available to parents through the Preschool Parent Handbook, a copy of which is given out on enrolment and further copies are available in the preschool.

Date: August 2022

To be Reviewed; August 2023