



# Preschool Healthy Eating Policy

We believe that early childhood is an important time for establishing lifelong, healthy eating habits can benefit the children by:

Maximizing growth, development and activity whilst minimising illness;

Minimising the risk of diet related diseases later in life.

Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

We will provide a learning environment and curriculum which support this by:

## Our Curriculum

Our Preschool's food and nutrition curriculum is consistent with the **Australian Dietary Guidelines for Children and Adolescents** and the **Australian Guide to Healthy Eating**.

Children develop skills in develop practical food skills and knowledge of healthy and nutritious food choices.

## Preschool Eating Times

### Munch and Crunch

Fresh fruits, vegetables are recommended as these foods:

- Provide children with important minerals and vitamins.
- Encourages taste for healthy foods.
- Encourages chewing which promotes oral muscle development.
- Encourages ongoing good food choices.

### Lunch times

A healthy lunch box might include a sandwich, meat and salad, yoghurt, veggie sticks, cheese, crackers, healthy muffins and cakes, homemade muesli bars, dips, mini quiches, savoury biscuits and extra fruit.

## Food safety

### Our preschool:

- Promotes and teaches **food safety** to children.
- Promotes and encourages correct **hand washing**.
- Is a **Nut-Aware (Peanut Free\*)** site and follows the **Nairne School Nut Awareness Policy**. No Peanuts are permitted onsite. Other nut products are allowed unless a child in the preschool has been identified with an allergy. Should this occur, posters will be displayed and parents asked not to bring food containing the allergen to preschool.

## Sustainability

We encourage litter free lunches.

We are working towards sustainably managing our waste. Currently our waste management includes: composting, collecting chicken scraps and recycling. These processes are embedded in our sustainability curriculum and ethos.

## The Learning Environment

### Children at our Preschool:

- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.
- Will be active in the preschool garden by growing, harvesting and preparing nutritious foods.
- Have opportunities to regularly prepare and cook healthy foods.

### Staff at our Preschool promote:

- Nutritional eating habits in a safe and supportive environment.
- The importance of breakfast and regular meals for children.
- The importance of healthy meals and snacks as part of the curriculum.
- Our preschool is a breast feeding friendly site – providing a suitable place if required.

## Working with families

We liaise with families to ensure a suitable food supply for children with food-related health support plans.

We provide information in regard to the **"Healthy Eating Guidelines"** to families and caregivers via:

- Newsletters/ Seesaw
- Policy development/review
- Information on enrolment
- Pamphlet/Poster displays

## This document is informed by:

- Nairne Preschool Nutrition, Food, Beverages and Dietary Requirements Policy
- Right Bite "Healthy food and Drink Supply Strategy for South Australian School and Preschools"
- Dietary Guidelines for Children and Adolescents in Australia
- The Australian Guide to Healthy Eating
- "Eat Well SA School and Preschools: Healthy Eating Guidelines" DECD