Right Bite Food Supply and Nutrition Policy for Kindergartens

Heathy Food Supply and Nutrition Policy of: Stirling East Kindergarten

Rationale
This kindergarten promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Kindergartens and relates to the DECS wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:
1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
   
   Therefore:
   - Staff at this kindergarten model and encourage healthy eating behaviours
   - Food and drink are consumed in a safe, supportive environment for all children
   - Parents and caregivers are encouraged to supply healthy foods that fit within the Right Bite strategy for their children at kindergarten.

This food policy has been established after consultation with staff and parents within the kindergarten community.

Curriculum
Our kindergarten’s food and nutrition curriculum:
- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating
- 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 like preparing and cooking healthy food
- Integrates nutrition across the EYLF framework where possible, relating to the Developmental learning outcome: ‘Children take increasing responsibility for their own health and physical wellbeing.’

The Learning environment
Children at our kindergarten:
- Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day
- Will eat snacks with flexibility relating to the child’s engagement in learning and routine at lunchtime breaks
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:
- Provides rewards/encouragements that are not related to food or drink
- Understands and promotes the importance of breakfast and regular meals for children
- Teaches the importance of healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site

Food supply
Our kindergarten:
- Encourages healthy food and drink choices for children in line with the Right Bite strategy
- Encourages food choices which are representative of the foods of the kindergarten community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a healthy food supply for kindergarten activities and events in line with the Right Bite strategy
- Displays nutrition information and promotional materials about healthy eating
- Has the following guidelines for families for food brought from home or provided by staff within kindergarten time:

Fruit Time:
Parents and carers are encouraged to supply fruit and vegetables at fruit time to:
- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.

Food and drinks provided to children:
- Parents and carers are encouraged to provide healthy food and drink choices in line with the Right Bite strategy
- Parents and carers are asked to send a water bottle with their child
- Staff will ensure that food provided to children by the kindergarten is in line with the Right Bite strategy.
Food safety
Our kindergarten:
- Promotes and teaches food safety to children as part of the curriculum
- Ensures children’s lunch boxes are stored in a cool place and children keep their snacks in their bags with their drink bottle
- Encourages staff to access training as appropriate to the Right Bite Strategy
- Provides adequate hand washing facilities for everyone
- Will exclude particular foods that can cause anaphylactic reactions in children as required at the director’s discretion
- Promotes and encourages correct hand washing procedures with children and staff.

We have a NO NUT Policy
Due to the increasing incidence of severe allergies to nuts in children, the kindergarten is now a NUT FREE ZONE. This means that no nuts of any kind are to be brought to kindy, to ensure the health and well being of all children. Please do not send any foods containing nuts, including peanut butter, Nutella and other nut based products.
If a staff member discovers that a child has brought food containing nuts, the food will be removed and put aside until pick up time.
The child’s parent or caregiver will be consulted and reminded of the “No Nut Policy”.
Occasionally, children with different severe allergies may be attending Stirling East Kindergarten. If the allergy is life threatening, similar procedures to those described above will be implemented, to ensure the child is kept safe. All families will be informed if this situation arises.

Food-related health support planning
Our kindergarten:
- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry
Our kindergarten:
- Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- Provides information to families and caregivers about the Right Bite Strategy through a variety of ways including:
  o Newsletters
  o Policy development/review
  o Information on enrolment
  o Pamphlet/poster displays
- Promotes the alignment of fundraising with the Right Bite strategy.

The staff at Stirling East Kindergarten thanks you in advance for your support of this policy.

Date October 2014

Director
Chairperson