Roxby Downs Kindergarten Healthy Food and Drink Policy

Roxby Downs Kindergarten promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools, the National Quality Standard, and relates to the DECD 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.

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 Belonging, Being & Becoming early years learning framework where possible.

The Learning environment

Children at our kindergarten:
- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:
- 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
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for kindergarten activities and events
- 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:
  o Morning and Afternoon Fruit Time:
    - Parents and carers are encouraged to supply fruit and vegetables for fruit times (for both short and full day kindergarten).
  o Lunch Time:
    - Parents and carers are encouraged to supply a healthy packed lunch when their child attends a full day – see list below for suggested lunch box ideas. (Please remember to pack a freezer block with their lunch if it needs to stay cool.)
  o Drinks:
    - Parents and carers are encouraged to supply a drink bottle of water only (no juice, cordial, milk, or fizzy drinks).
Suggested lunch box ideas:

- Savoury sandwiches (no eggs or nut products)
- Salad (and cold meat/s - no seafood)
- Rice Cakes with savoury filling
- Fresh fruit, vegetables, dried fruit, rice cracker biscuits, cheese, plain popcorn, yoghurt.

Certain foods are not acceptable at kindergarten (due to food allergies and for health reasons) including:

- Nuts, nut products, or any food containing nuts (including peanut butter, nutella, muesli bars)
- Eggs or seafood
- Sweets or pre-packaged foods (sweet biscuits, lollies, donuts, roll ups, fruit bars, cakes, jelly, chips)

*Unacceptable foods will be returned home with a note explaining why.*

**Food safety**

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

The staff at Roxby Downs Kindergarten thank you in advance for your support of this policy.

*Dated: 20/7/2012*