
PEK-P01: NUTRITION, FOOD AND BEVERAGES, DIETARY REQUIREMENTS POLICY

1. Background Information

Port Elliot Kindergarten promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DECD wellbeing strategy.

Early childhood is an important time for establishing lifelong, healthy eating habits and can benefit children in the following ways:

- a. Short term: maximises growth, development, activity levels and good health.
- b. Long term: minimises the risk of diet related diseases later in life.
- c. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
- d. Advice from speech pathologists and dentists indicates that children should be eating foods with a variety of chewy and crunchy foods.

2. Purpose

To ensure that:

- Staff at the 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.

3. Implementation & Management

3.1. 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 Early Years Learning Framework (EYLF) document where possible, relating to Outcome 3 'Children have a strong sense of Wellbeing'.

3.2. The Learning environment

Children at the kindergarten:

- are encouraged to drink water regularly through the day and have fresh, filtered tap water available at all times.

- eat routinely at scheduled break times and during morning and afternoon activity time.
- 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.

3.3. Food supply

Our kindergarten:

- Encourages healthy food and drink choices for children in line with the *Right Bite* strategy.
- Ensures healthy food choices are promoted that are culturally sensitive and inclusive.
- Ensures a healthy food supply for preschool activities and events in line with the *Right Bite* strategy.
- Displays nutrition information and promotional materials about healthy eating.

The following guidelines for families for food brought from home:

- **Fruit and Veggie Time:**

Parents and carers are asked to provide fruit and vegetables only at fruit and veggie time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods
- encourage chewing which promotes oral muscle development

We understand that at times this may not be possible. A healthy sandwich (multigrain or wholemeal bread) with savoury filling or plain unsalted crackers and cheese are most acceptable in these cases.

FOODS UNSUITABLE FOR FRUIT AND VEGGIE TIME: include packaged foods, cakes, sweets and all NUT products (see Allergy Aware Policy). Cordials and sweetened fruit juices are not recommended.

- **Lunch:**

Parents and carers are asked to supply healthy food and drink choices in line with the **Right Bite** strategy and to follow the above guidelines, and ask staff if they have any issues;

- are encouraged to provide their own drink bottles with water
- staff will ensure that food provided to children by the kindergarten is in line with the **Right Bite** strategy.

3.5. Food safety

Our Kindergarten:

- Promotes and teach food safety to children during food learning/cooking activities.
- Encourages staff to access training as appropriate to the *Healthy Eating Guidelines*.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children and staff.

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- Staff will not heat food brought from home for children's consumption at kindergarten.

3.6. Food-related health support planning

The kindergarten liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues. Children whose parents have made the kindergarten aware of allergies upon enrolment will be recorded on an allergy list strategically placed in the office for staff to be aware of. This will be referred to when cooking and when doing other specific activities.

3.7. Nut Free Zone:

Port Elliot Kindergarten is a nut free zone (PEK-02) to manage the risk of anaphylactic reactions. Parents are informed of this on enrolment. If food containing nuts is brought to kindergarten parents will be reminded of the nut policy (PEK-02 Allergy Aware).

3.8. Working with families, health services & industry

Our kindergarten:

- Is a breast feeding friendly site.
- Invites parents and caregivers to be involved in the review of the Healthy Food and Nutrition policy (PEK-P05).
- Provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - newsletters
 - policy development/review
 - information on enrolment
 - pamphlet/poster displays
 - promotes the alignment of fundraising with the *Right Bite Strategy*.

4. References

- Right Bite Manual – Healthy Food and Drink Supply Strategy
[SA Right Bite Food and Drink Supply Strategy - Healthy Kids \(healthy-kids.com.au\)](https://www.healthysa.gov.au/healthy-kids/healthy-kids-com-au)
- Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating.
<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
- [Women's and Children's Hospital • General Nutrition Resources for Children \(wch.sa.gov.au\)](https://www.wch.sa.gov.au)