

Preschool Healthy Eating Policy

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children by maximising growth, development, activity levels and minimising the risk of diet related diseases later in life. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities. At Para Vista Preschool we promote safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools. The Right Bite Healthy Food strategy also relates to the Department for Education Wellbeing Strategy. Following these strategies:

Staff will:

- Model and encourage healthy eating behaviours
- Provide a safe, supportive environment for all children to consume food and drink
- Teach the importance of healthy meals and snacks as part of the curriculum
- Teach food safety to children as part of the curriculum
- Encourage children to be seated when eating
- Provide supervision
- Display nutrition information and promotional materials about healthy eating
- Ensure healthy food choices are promoted and are culturally sensitive and inclusive
- Ensure children's lunch boxes are accessible during eating time (to allow for the children to independently access their lunch box)
- Remind families about food allergies and display signage showing foods that cannot be consumed in the preschool
- Promote and encourage correct hand washing procedures with children and staff
- Keep celebration foods to a minimum (no more than twice a term)
- Notify families about the recommendations for safe food storage and risks associated with food not being refrigerated

Parents and caregivers will:

- Be encouraged to supply healthy foods that fit within the Right Bite Strategy for their child at preschool
- Provide their child with a named drink bottle filled with water (bottles will be kept in children's lockers)
- Supply fruit, vegetables or cheese at fruit time to provide their child with important minerals and vitamins and to encourage a taste for healthy foods (we request that no processed and packaged food is supplied for fruit time snack)
- Place named fruit time snacks in the appropriately labelled baskets at the beginning of the day
- Supply enough healthy food for their child's appetite and needs- Lunch is to be brought in a lunchbox or container that a child can independently open
- Not send food that needs to be heated
- Support their child in putting their lunch box in the fridge in the kitchen (parents must request if they prefer their child's lunch be kept out of the fridge and will be notified about the recommendations for safe food storage and risks associated with food not being refrigerated)
- Check food labels to ensure all foods are nut free- **No foods containing nuts are allowed**

- Provide a healthy treat if they are wanting to provide something special for their child’s birthday
Alternatively, families may choose to provide a non-food treat eg sticker

Children will:

- Have fresh, clean filtered water available at all times and are encouraged to drink water regularly through the day
- Eat routinely at scheduled break times
- Eat in a positive, social environment with staff who model healthy eating behaviours

School Leadership will:

- Promote and encourage staff to access training as appropriate to the Right Bite Strategy
- Provide adequate hand washing facilities
- Promote and encourage correct hand washing procedures with staff
- Offer preschool lunch orders (through the school canteen) and ensure they meet the Right Bite Strategy guidelines

The National Quality Standard and National Regulations require that all services (whether or not they provide food and beverages):

actively promote healthy eating (element 2.1.3), have in place policies and procedures in relation to nutrition, food and beverages, dietary requirements and ensure policies and procedures are followed (regulations 168(2) and 170), ensure children have access to safe drinking water at all times (regulation 78), ensure children are offered food and beverages appropriate to the needs of each child on a regular basis throughout the day (regulation 78).

NQS	QA2	Children’s health and safety
2.1	Health	Each child’s health is promoted.
2.1.2	Health practices and procedures	Effective hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed, practised and implemented.

National Regulations

- section 165 Offence to inadequately supervise children
- regulation 77 Health, hygiene and safe food practices
- regulation 78 Food and beverages

EYLF Learning Outcome 3

- Children are happy, healthy, safe and connected to others.
- Educators promote continuity of children’s personal health and hygiene by sharing ownership of routines and schedules with children, families and the community
- Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all