

Dernancourt Kindergarten

Healthy Eating Policy

Based on the DfE HEALTHY EATING GUIDELINES AND AUSTRALIAN DIETARY GUIDELINES for children and adolescents, it is emphasized that there is a need to:

- Enjoy a wide variety of nutritious foods
- Eat plenty of foods from the 5 food groups
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate amount of sugar and foods containing added sugars
- Choose low salt foods and use salt sparingly.

Rationale:

The purpose of this policy is to:

- Encourage and support children to develop healthy eating habits
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the kindergarten and foods brought from home will reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural needs relating to special dietary requirements.
- Raise awareness of good nutrition principles amongst our community.

Guidelines:

Snack Guidelines

- Children should bring either a piece of fruit, salad, vegetables, cheese or savoury biscuits to eat at snack time.
- Foods that are high in fat and sugar will be discouraged, with parents given alternative solutions.

Lunch Guidelines

- Children who attend lunch time should have a separate container for their lunch and this is to be placed on the lunch trolley each morning.
- Children will be encouraged to drink water with their lunch.

Drink Guidelines

- Fresh drinking water is to be available to the children at all times.
- Children are to bring their own drink container only containing water.
- In the event a child leaves their drink bottle, a cup and water will be supplied throughout the day.

Special Occasions/Birthday guidelines:

- It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the Kindergarten, such as a special event, fundraising etc. These occasions will be discussed and decided upon at Governing Council meetings.
- We acknowledge children's birthdays by singing and giving them a special birthday certificate.

Staff Responsibilities:

- Staff will encourage children to try new foods.
- Staff members will supervise children when eating.
- Learning about food and nutrition will be included in the curriculum eg/ Growing vegetables, hands on cooking and tasting experiences.
- Principles of good hygiene practice will be incorporated into daily routines to support this policy Eg/ Hand washing.
- Food will not be used as a form of punishment or reward either by its provision or denial.
- Staff will respect the food preferences of children.
- Staff will provide parents with nutrition information via pamphlets, handbook, social media and the notice board.
- Staff will act as role models in relation to their own food choices at the centre.

Family/carer responsibilities:

- Parents will be made aware of this policy upon enrolment of their child at the centre
- Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs need to speak to the Director.

Governing Council responsibilities:

- Support staff in the implementation of the Healthy Eating Policy.
- This policy has been developed by the staff members of the Kindergarten in consultation with the Governing Council.
- This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance for the Kindergarten.