

# Dernancourt Kindergarten

## Healthy Eating Policy

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Based on the Right Bite strategy for healthy eating, Dietary guidelines for children and adolescents in Australia and the Australian guide to healthy eating (AGHE), 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.
- 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 centre, 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, newsletters, handbook 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 centre.