

Review:  
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## Food and Nutrition Policy

### Policy Statement

Our centre regards meal times as a positive, pleasant, social experience. Good eating habits and healthy nutrition are encouraged. Food (including cultural food events) will be used as a learning experience, and at times children will take part in activities involving its preparation. Family participation will be encouraged.

Food preparation on site will be one resource used to promote a variety of foods, family and multicultural values.

Staff will promote and lead by example, 'Start Right Eat Right' to encourage children and families to eat healthily and be active. Staff will ensure children have food and drink that is safe and nutritious.

### Rationale

Staff recognise that during the first years of childhood children set eating habits for life. It is important that these habits are nutritious to build healthy life styles.

### Strategies, Practices and Procedures

Parents are to provide all food for snacks and lunch in a named container. The food supplied should be consistent with the dietary guidelines for children. Parents must ensure they pack ample food for their child for their time at the centre.

Food should be of the type easily managed by the 2- 5 year olds, thus enabling them to use their independent skills at meal times.

Foods considered of high choking risk such as raw apple and carrot, whole grapes, and cherry tomatoes, fat and skin on meat and nuts must be prepared appropriately for the age of the child. These guidelines for prevention of choking apply to all children birth to 5 years of age

At fruit snack and lunch times, children will wash hands prior to collecting food from fridge, and then go to the designated area to sit down and eat. A staff member and/or parent volunteer will sit with the children providing strict supervision to ensure children's safety. Staff will follow the current procedures outlined in the food safety and handling course and Senior First Aid training that will be kept current.

Children will be encouraged to use self help skills and choose healthy foods first. Inappropriate foods e.g. high in fat, sugar, or salt will be discouraged. In such a situation a staff member will have an informal discussion with the parents concerned and/or put a note in the child's lunch box explaining why the food was considered unsuitable.

Lollies, chocolate, flavoured milk, sugary drinks (fruit boxes, soft drink, cordial) salty snacks (chips etc) are examples of the types of foods and fluids that would be considered inappropriate.

Tap water and cups are available to the children through out the day.

Snack and lunch times are on a regular basis.

Uneaten foods will be kept in the child's lunch box as a record of the food eaten.

The director needs to be informed in writing of any special dietary restrictions, requests and/or allergies at the time of enrolment or as soon as practical- with as much relevant information as possible. A list of these dietary requests and allergies will be displayed in the centre for all staff to be aware of.

The centre program will include on going education of the children and informal discussions about healthy food nutrition and good eating habits.

A maximum of 2 'sometimes food' experiences may be offered each term in line with DECD guide lines. These experiences may be special occasions such as theme days and celebrations.

To celebrate children's birthdays, families may want to provide a platter of fruit to share. While the centre encourages families to provide fruit platters, if any prepared food is presented to the children for consumption e.g. cake or biscuits, an ingredients list is required.

On enrolment parents are provided with the centre's Nutrition Policy and resources to assist parents with packing an age appropriate healthy lunch box will be distributed through out the year.

Nutritious food suggestions are displayed in the centre e.g. Right Bite food and drink spectrum.

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[http://www.decd.sa.gov.au/eatwellsa/files/links/Right\\_Bite\\_Manual\\_colour\\_c.pdf](http://www.decd.sa.gov.au/eatwellsa/files/links/Right_Bite_Manual_colour_c.pdf)

[http://www.decd.sa.gov.au/eatwellsa/files/links/Easy\\_Guide\\_Updated\\_June.pdf](http://www.decd.sa.gov.au/eatwellsa/files/links/Easy_Guide_Updated_June.pdf)

[http://www.decd.sa.gov.au/eatwellsa/files/links/link\\_136131.pdf](http://www.decd.sa.gov.au/eatwellsa/files/links/link_136131.pdf)

National Quality Standard [2.2](#)

[Regulation 168 \(2\) \(a\) \(i\)](#)

Related Key Regulations: [77](#), [78](#), [79](#), [80](#)

Note: Reg 79 and 80 do not apply to food and beverages provided by a parent.

Adapted from Booleroo Preschool