



Renmark North Pre School Healthy Food Supply and Nutrition policy

NQS: 2.2

Regulation: 168 (2) (a) (i)

Rationale

This Pre School promotes safe, healthy eating habits.

We believe that Early Childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term - maximises growth, development, activity levels and good health.
2. Long term - minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- staff at this preschool 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 foods that support the development of healthy eating for their children at preschool.

Curriculum

Our preschools food policy:

- includes activities that provide children with knowledge, attitude and skills to make positive healthy food choices and learn about a variety of foods available for good health.
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition and relates to the developmental learning outcome 4: 'Children develop a sense of physical wellbeing. 4.2 Children take increasing responsibility for their own health and physical wellbeing.'

The Learning Environment

Children at our preschool:

- have fresh, water available at all times and are encouraged to drink water regularly through the day.
- Will eat routinely at scheduled break times.
- Eat in a positive, social environment with healthy eating modelled and reinforced.

Our preschool:

- provides rewards and encouragements that are not food / drink related.
- Understands and promotes the importance of breakfast and regular meals for children
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Is a breast feeding friendly site.

Food Supply**Our preschool:**

- encourages healthy food and drink choices.
- Encourages food choices that are representative of the preschool community.
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive.
- Displays nutrition information and promotional materials about healthy eating.
- Staff will monitor the types of food consumed for Fruit Time at the centre

Suggested foods for Fruit Time are:

- Fruit –fresh or dried
- Vegetables
- Yoghurt
- Cheese
- Rice cakes, rice crackers

Excluded foods are:

Foods that may contain traces of nuts

- Chocolate
- Potato or corn chips
- Lollies or sweet biscuits

Excluded drinks are:

- Cordials
- Soft drinks
- Milk drinks

Water is the preferred drink.

- Water bottles are encouraged



Special dietary needs

It is the parents and carers responsibility to notify the centre if their child has a special need. In the enrolment package is a form to be

completed by parents and carers about special dietary needs, allergies and medications.

Due to the lethality of nut allergies, the Renmark North Preschool is a nut free zone.

Food Safety

Our preschool:

- Promotes safe eating practices and food related activities.
- Food Hygiene practices will be observed and role modelled
 - Wash hands prior to meals and food handling
 - Cooking activities will involve low risk foods
 - Wash hands after touching non hygienic items eg. Animals
 - Lunch items are to be stored in the refrigerator
 - Fruit Time food items are stored in the boxes inside with items requiring refrigeration, placed in the fridge.

Minimise choking risk:

- Children are seated while eating
- No food is taken into play areas
- Foods that are at risk for causing choking will be communicated to parents via newsletters, pamphlets and information sessions.

Food related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services and industry

Our preschool:

- invites parents and caregivers to be involved in the review of our site food and nutrition policy.
- provides information to families and caregivers including:
 - newsletters
 - policy development/ review
 - information on enrolment
 - pamphlets and displays
 - promotes the alignment of fundraising with the promotion of healthy eating



The staff at Renmark North Preschool thank you in advance for your support of this policy

References:

- Nutrition, food and beverages dietary requirements.
- Right Bite and Healthy eating policies
 - Right Bite ready reckoner
 - Right Bite food supply checklist
 - Right Bite Manual: healthy food and drink supply

Verified by: Renmark North Primary School Governing Council 8/ 12/ 16

Review due: March 2020

