



# Blackwood Kindergarten Healthy Eating Policy

**PURPOSE** To promote healthy eating for all resulting in physical wellbeing.

**CONTEXT** Our Kindergarten believes that healthy eating is fundamental to good health throughout life for all people.

In the short term healthy eating maximizes growth, development and activity-both physical and cognitive, while minimizing sickness. In the long term, healthy eating minimizes the risk of diseases and health problems later in life such as heart disease, stroke, diabetes, some cancers, obesity and osteoarthritis.

**SCOPE** The Department for Education & Child Development Right Bite policy has helped South Australian schools and preschools since 2008 to select healthy food and drinks. Right Bite and Healthy Eating Guidelines are based on the Commonwealth Dietary Guidelines for Children and Adolescents and the Australian Guide to Healthy Eating

## **OBJECTIVES**

Our Kindergarten will therefore encourage healthy eating habits in our preschool children. However, there will be occasions when we may still enjoy special celebrations together with 'sometimes' foods.

**We are a breastfeeding friendly site**

## **PROCEDURE DETAILS**      **We are Allergy Aware "We endeavor to be nut free"**

As a health and safety conscious kindergarten, with duty of care to all, we ask that **no nuts** or item containing nuts (incl. muesli bars, Nutella spread etc.) be brought to kindy as a snack or lunch item. These will be returned in the lunch box to be eaten at home.

**Even minute quantities can be life threatening for allergic, anaphylactic children and adults.**

PLEASE inform staff if your child has a food or other allergy. This will help us to plan cooking activities as well as to take care of your child's health. While protecting confidentiality, families will be informed through the newsletter /signage if medically advised support of a child or adult with anaphylaxis means some modification to practices within the centre need to be made. This may include the banning of certain foods or items. For example this may be excluding egg from cooking/lunches, excluding cream of tartar from play dough etc. depending on the trigger for the anaphylaxis. Duty of care is paramount in these decisions.

**Speak to staff, your GP or Child and Family Health Service if healthy eating is a battle with your child. They may be able to help!**

## Staff...

- Follow DECS RIGHT BITE healthy eating guidelines. Right Bite Easy Guide and Right Bite Food Spectrum provide a summary of the Right Bite policy using a coloured spectrum of GREEN, AMBER and RED to classify food and drinks into “every day”, “moderate consumption advised” and “sometimes” foods.
- Promote safe, supportive, and eco-friendly eating practices
- Update their First Aid /Asthma/Epipenskills as required
- Promote the social and cultural aspects of eating food
- Encourage the drinking of water only. Kindy tap water is filtered.
- Attend training on healthy eating
- Teach, Promote & Model knowledge, attitudes and skills for good nutrition, healthy food growing, preparation, cooking and eating choices
- List any food allergies of children in the first aid and kitchen cupboards and consult before providing any cooking/eating experience. Endeavour to make these experiences inclusive of all children.
- Provide information to families and caregivers about the *Right Bite Strategy* through a variety of ways including: newsletters, policy review, information on enrolment, pamphlet/poster displays
- Promote the alignment of fundraising with the *Right Bite strategy*.

## Parents...

In support of DECD policy, parents are requested to

- please send healthy “Fruit time” snacks and a water bottle for their child/ren each day. No juice or sticky fruit straps please. Some healthy snack ideas are: whole or cut up fresh fruit, fresh or cooked vegetables (e.g. carrot sticks , capsicum, cucumber, snow peas), dried fruit or cheese. They provide children with important fibre, minerals and vitamins & encourage a taste for healthy foods. Fruit stays in your child’s bag.
- Send healthy lunches to kindergarten e.g. a sandwich on whole-meal or grainy bread, sushi, chicken, tuna, wholegrain rice or pasta, salad, wraps, dinner leftovers, fruit/vegetable or yoghurt. Some lunch boxes are very large and should not necessarily be filled! A regular ‘dessert’ or ‘treat’ may become an expectation and potentially develop unhealthy eating habits in the future. Packaged foods in particular are full of empty calories & these sugar filled, fat filled, high salt, preservative and additive filled foods are really not necessary (or beneficial to children’s health) if children have eaten a sufficient portion of healthy lunch. *Please also remember that we promote the drinking of water only, even at lunch time. No Juice or Milk drinks please.*
- *A named ice pack in the lunch box will help keep food fresh. Please use reusable lunch wraps or containers to cut down landfill rubbish. Lunch boxes go in the large tub each morning please. These will be transferred inside after arrivals.*
- Please try to support our healthy eating food policy by reinforcing it at home. Thank you.

## **Independent eating**

Children are encouraged to practice independence with eating tasks e.g. Peeling/ eating whole fruit, or opening a lunchbox. Children are taught to sort their scraps for the compost bin or rubbish bin, although we do encourage zero waste. Kindy Transition fees include a reusable sandwich wrap & pouches which families are asked to use daily to transport food and reduce waste. Please name these. Unprocessed foods without commercial wrapping support your child's optimal health & the environment too.

## **At Home-healthy eating tips**

**Lead by example – role model healthy eating**

**Offer a wide range of fruit and vegetables and allow choice . A new food may need to be tasted many times before it becomes accepted. Praise confidence in having a try.**

**Encourage healthy eating and discuss healthy food choices when shopping, at the dinner table etc.**

**Avoid using food as a reward**

**Avoid rewarding children for eating a disliked food**

**Allow children to eat to their appetite. Remove uneaten food without comment.**

**Keep to structured meal time routines**

### **MONITORING, EVALUATION AND REVIEW**

This Policy has been ratified by Blackwood Kindergarten Governing Council  
Date

This Policy will be reviewed by Governing Council  
Date OCT 2016

### **Associated Documents**

For more info on RIGHT BITE see

<http://www.decd.sa.gov.au/eatwellsa/pages/Parentsandcaregivers/42113/>

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