

**HEALTHY FOOD SUPPLY AND NUTRITION POLICY**

**Policy Statement**

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 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.

**Nutrition Policy Aims**

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 preschool 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.

**Shared fruit/vegetable Guidelines**

* Children should bring either a piece of fruit or vegetables to share at fruit time.

**Lunch Guidelines**

* Lunchboxes are stored in a fridge upon arrival and then children put their own empty lunch boxes back into their bag after lunch.
* Educators are unable to heat children’s lunches due to Health and Safety requirements.

**Drink Guidelines**

* Children will be encouraged to drink water through-out the day.
* Fresh drinking water is to be available to the children at all times.
* Children who bring their own drink container should only bring water.
* Educators refill drink bottles at lunch time and when necessary 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, these occasions will be discussed and decided upon at Governing Council meetings.
* We acknowledge children’s birthdays by singing the birthday song.



**HEALTHY FOOD POLICY - CONTINUED**

**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 and newsletters.
* Staff will act as role models in relation to their own food choices at the centre.

**Parent’s 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 must advise the Executive Facilitator.

**Governing Council responsibilities**

* Support staff in the implementation of the NUTRITION POLICY.
* This policy has been developed by the staff members of the centre in consultation with the Governing Council.

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| Healthy Food Policy | Review Date: February 2025 |