



Healthy Food Supply, Nutrition and Food Safety Policy

Chandlers Hill Kindergarten

Rationale

- Our Kindergarten promotes safe and healthy eating habits in line with the **Right Bite Health Food and Drink Supply Strategy for South Australian Schools and Preschools**, the **Get up and Grow guidelines** and the **Australian Dietary Guidelines** and relates to the Department for Education wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits which can benefit the children the 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:

- Educators at the Kindergarten will 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 healthy foods in line with the **Right Bite strategy the Get up and grow guidelines** and the **Australian Dietary Guidelines** for their children at Kindergarten

This food policy has been established in consultation with Educators and Parents within our Kindergarten Community

Curriculum

Our Kindergarten's food and nutrition curriculum:

- Is consistent with the Dietary Guidelines for Children, the Get up and grow guidelines and Adolescents in Australia and the Right Bite Strategy
- Included learning experiences that provide children with knowledge and attitudes to make positive healthy choices like "the eat the rainbow" program
- Is culturally sensitive and inclusive
- Includes opportunities for cooking and preparing healthy foods
- Displays nutrition information and promotional materials about health eating
- Is allergy friendly and as such is a nut free Kindergarten. Families are informed of any other severe allergies according to current cohort of children. (please see managing medical conditions policy for further information)
- Engage with our volunteer gardeners in preparing healthy garden beds with seasonal produce to eat.

Children at our Kindergarten:

- Have fresh, clean filtered tap water available always (typically individual drink bottles) and are encouraged to drink water regularly throughout the day.
- Eat routinely at scheduled break times.
- Eat in a positive, social environment with educators who model healthy eating behaviours.





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- Use the Kindergarten garden and stories to learn about and experience growing, harvesting, and preparing nutritious foods.

Food Supply

Fruit and Vegetable times:

- Parents/caregivers are encouraged to supply fruit and vegetables at fruit time to provide children with important minerals and vitamins while encouraging a taste for healthy foods.

Food and Drinks provided to children

- Parents/caregivers are encouraged to provide healthy food and water in line with the **Right Bite strategy, the Get up and grow and the Australian Dietary Guidelines.**
- Educators will ensure that food provided to children by the Kindergarten is in line with the **Right Bite strategy, the Get up and grow and the Australian Dietary Guidelines.**

Food safety

Our Kindergarten:

- Promotes and teaches food safety to children as part of the curriculum.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children and educators.

Working with Families, Health Services, and Industry

Our Kindergarten provides information to families about the Right bite Strategy through a variety of ways:

- Through our Seesaw app.
- Policy development/review
- Information on enrolment
- Pamphlet/poster displays

Approved by Educators and the Governing Council October 2022

To be reviewed 2025.

Governing Council Chairperson: Karla Brown

Kindergarten Director: Rachel Douglass

R168(2)(a)(i) Nutrition, food and beverages and dietary requirements

National Quality Standards 2.2.1

