Healthy Eating Policy

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Governing Council

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We encourage healthy eating at Woodside Preschool so children will grow up with a sound knowledge of good nutrition and diet.

Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at preschool and school. (DECD: eat well sa)

In SA 88% of young children attend preschool. (DECD: eat well sa)

Preschools are therefore a critical part of the social environment that can support and help shape children's positive eating behaviours.

Our “Healthy Eating Guidelines” at Woodside Preschool integrally link food supply, food safety, family partnership, healthcare services, the curriculum and the learning environment, into the learning culture of our centre.

- At Woodside Preschool the availability of non-recommended foods (foods which fall into the RED category of the ‘right bite’ - Easy Guide to Healthy Food and Drink Supply in South Australian Schools and Preschools) are limited to a maximum use of twice a term.
- The centre complies with food safety legislation and is subject to inspections.
- When necessary health care professionals are engaged in the development of health care plans to meet individual needs.
- Parent representatives on Governing Council have been engaged in the development of this document and families are invited to work in partnership with centre staff to provide opportunities for children to develop positive eating behaviours.
- To support family partnership and the sharing of knowledge the Healthy Eating Guidelines will be included in the centre’s Enrolment Package and available via the website.

At Woodside Preschool children’s learning in regards to food and nutrition is supported by the curriculum document EYLF. Our learning program provides a range of opportunities to develop awareness and skill in the growing, preparing, cooking and tasting of a variety of foods.

Children at Woodside Preschool eat at routine times to support good eating habits. Children have opportunities for morning fruit, lunch and afternoon fruit.

Children at Woodside Preschool eat lunch in a supervised social environment to support good health and well being habits. Children learn social interaction skills, personal hygiene, food selection, manners, time management and relaxation skills.

Woodside Preschool promotes the daily consumption of fresh fruits and vegetables by providing opportunities for 2 regular fruit/vegetable snack breaks through the day. Fruit time is a social gathering where children are supported in participating in recycling and hygiene practises and incidental discussions on healthy eating options.
Recommendations:

**FRESH FRUITS AND VEGETABLES**

Cut or prepared for easy eating.

Appropriate size or quantity to reduce wastage.

Children at Woodside Preschool are encouraged and supported to access fresh water throughout their preschool day. Staff encourage the regular consumption of water as part of the fruit and lunch routines.

**Parents are primarily responsible for the provision of food for their children** (DECD eat well sa)

At Woodside Preschool we recognise that children’s learning is highly supported when both home and preschool work in partnership and take mutual responsibility for children’s learning. **Our Healthy Eating Guidelines are aimed at providing clear instruction for staff and families in supporting children’s health and well being and request that parents support this framework.**

Lunchtime is a significant part of a child’s full day attendance and we ask that parents/carers provide healthy food options for their child’s lunch box.

**Foods we recommend include:**

- Fresh fruits/vegetables
- Dry savoury biscuits
- Cheese
- Dried fruit
- Yogurt
- Fruit muffins/cakes
- Pikelets
- 100% Fruit Straps

Sandwiches with healthy filling

**Foods we do not recommend:**

- Fruit roll ups
- Chips

**Foods not allowed:**

- All confectionary (chocolate and lollies)
- Nuts (allergy aware centre)

Children are asked not to share food at preschool to avoid possible health risks.
Drinks

**WATER ONLY PLEASE**

Cordial, juice, milk drinks and soft drinks are not to be sent to preschool.

**Allergy Aware**

Woodside Preschool is an Allergy Aware centre and we have *an Allergy (and anaphylaxis) Aware Policy* in place.

We actively support the inclusion of children with food allergies and intolerance.

The policy states:

*In order to protect children with allergies to peanuts and similar nut products, Woodside Preschool has a policy that no food containing nuts should be brought into the centre.*

*Products that contain nuts include peanut butter, Nutella, fruit and nut bars, chocolate bars and any other product that have nuts listed in their ingredients. This does not include products that contain the warning ‘may contain traces of nuts.*

**Special Occasions**

At Woodside Preschool children have a healthy fruit break everyday that is sporadically supplemented with cooking activities and ‘treats’. We aim to help children learn that if we have regular healthy eating habits, the occasional treat is OK.

Children’s birthdays are celebrated with the “Happy Birthday” song and a card. Please do not send birthday cakes or other food treats to preschool.