



Lobethal Kindergarten Healthy food policy

Policy Number **6**

Issue Number **7**

Lobethal Community Kindergarten is committed to promoting and educating children and their parents about healthy eating habits. The importance of a good diet is of benefit to all and good nutrition plays an important role in the health and wellbeing of the children and their families. We aim to promote healthy eating and the development of healthy eating habits now and for later life.

'Being overweight in childhood increases the risk for heart disease through raising blood pressure, blood cholesterol and blood sugar. Childhood obesity can also lead to low esteem, depression, orthopaedic complications, sleep problems and asthma'.

To promote healthy eating and protect the children in our care, staff (in consultation with the Governing Council) we developed this **Healthy Food** policy for fruit time and lunchtime.

Morning and Afternoon snack Time

All children are required to bring 2 small healthy snacks to kindy, (1 for morning and 1 for afternoon fruit time. These can consist of fruit, vegetables, cheese, yoghurts, dried fruit but not highly processed foods or foods high in sugar, salt or fats.

The following items are recommended for lunch time:

Sandwiches/ wraps with a healthy filling, cubed cheese, rice crackers, salads, cold cuts of meat, yogurts, fruit, dried fruits and vegetables.

We do not encourage "sometimes" or "treat" foods at kindy (these include foods that are high in sugar, salt, and/or fats such as rollups, lollies, processed cakes, chips, and chocolate). We recommend the use of a Bento style lunch box that enables many options for children to choose from and help to provide a nutritionally balanced lunch. Staff will encourage children to eat their healthiest food first. Staff will talk with children about healthy choices and may ask children to return unhealthy food options to their bags.

Storing food

To ensure the safety and hygiene of lunches we store all lunches in our refrigerator until children are being seated for lunch. With the exception of lunches that are brought to kindergarten in a cooler bag containing an ice pack. This enables children to bring and consume perishable items such as yogurt, cold meats, cheese, salads etc

Curriculum

As part of our role as educators' staff will ensure children receive positive education through the play-based curriculum about healthy lifestyles. This will include the importance of a healthy balanced diet and recognising that some foods are acceptable in moderation, e.g. on special occasions, such as birthdays and special occasions. We educate children on the benefits of nude food/unprocessed food and encourage a rainbow of fruits and vegetables. Children will wash hands before eating and cooking at kindergarten.

Cooking

As part of our kindergarten programme, we regularly do cooking at kindergarten. This is a valuable experience for the children and involves much learning. Staff will endeavour to make our cooking experiences be of a healthy nature and have a good nutritional value. Whilst cooking and sharing/consuming food at kindy we will always refer to/and adhere to our allergy aware policy. (policy no. 7)

Drinks

Children are to drink WATER ONLY during kindy sessions. Children are asked to bring their own water bottle to kindergarten. Bottles are place on a shelf next to the lockers to provide easy access throughout the day. At lunch time all children must take their water bottle to the table with their lunch box. Staff remind children regularly throughout the day (ie at transition times to and from the mat/group times) and will refill bottles with water when necessary.

Children with special Dietary needs

If a child has special dietary needs staff will, with the family and medical practitioner, develop an appropriate and specific eating plan.

Food allergies (refer to allergy aware policy, policy number 7)

From time to time we have children attend the centre that have severe food allergies. These foods generally include nuts, dairy, seafood and egg. For these children coming into contact with (or in the vicinity of) these foods can cause a life threatening situation.

Staff will inform families when we have a child with food allergies attending the centre and the foods that they are allergic to.

Please make sure you inform the Kindergarten staff if your child has any allergies.

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Signatures:

Director :

Governing Council Chairperson:

