Lobethal Kindergarten
Healthy food policy

Policy Number **3**
Issue Number **10**

Supporting Policies, Procedures or Risk Assessments
DfE Policy – Nutrition and Dietary Requirements (available online)

Lobethal Community Kindergarten is committed to promoting and supporting children and their families 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.

Healthy Eating in childhood is vital to providing children with stable energy to support their ongoing participation in the kindy day; supports the development of strong bones and teeth; improves mental health and supports the prevention of chronic illness and maintaining a healthy weight.

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

Morning and Afternoon snack Time

All children are encouraged to bring 2 small healthy snacks to kindy, (1 for morning and 1 for afternoon snack time.) These can consist of fruit, vegetables, cheese, yoghurts, dried fruit etc. Highly processed snack foods high in fat, salt and sugar and low in essential nutrients are discouraged.

The following items are recommended for lunch time:

Sandwiches/ wraps with a nutritionally balanced filling, cheese, rice crackers, salads, cold cuts of meat, yoghurts, fruit, dried fruits and vegetables. Foods that provide children variety, taste and colourful choices can be most enjoyable, and we encourage these choices.
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 a variety of options for children to choose from and help to provide a nutritionally balanced lunch. Staff will encourage children to eat their most nutritionally dense food first. Staff will talk with children about nutritionally balanced choices and will encourage, but not force healthier options first

Storing food

To ensure the safety and hygiene of lunches we ask that lunches are bought to kindergarten in a cooler bag containing an ice pack. This enables children to bring and consume perishable items, such as yoghurt, cold meats, cheese and salads etc. If a cooler bag and ice pack is unable to be provided, we will store lunches in our refrigerator until lunchtime.

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 nutritionally balanced diet and recognising that some foods are acceptable in moderation. We educate children on the benefits of unprocessed foods and encourage a rainbow of fruits and vegetables. Children will wash hands before eating and cooking at kindergarten. As part of our sustainability focus, families are encouraged to pack foods with little to no packaging where possible. We educate children on how they can responsibly dispose of their rubbish through reusing, recycling and composting practices and the different ways they can reduce the single use items they bring to kindy. Our Community Garden

provides children with another opportunity learn about food and sustainable practices. Children are involved in the growing and harvesting of fresh fruits, vegetables and herbs, and will on occasion, have the opportunity to prepare these foods for cooking and real-life experiences.

Cooking

As part of our kindergarten programme, we regularly cook at kindergarten. This is a valuable experience for the children and provides rich and authentic learning experiences Staff will endeavour to make our cooking experiences 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. 4)

Drinks

Children are to drink WATER ONLY during kindy sessions. Children are asked to bring their own water bottle to kindergarten. Bottles are placed on top of the lockers to provide easy access throughout the day. At lunch time all children will take their water bottle to the table with their lunch box. Staff remind children (with verbal prompts and a drinks bell) 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 a Health Support Agreement, outlining the details of dietary needs and/or allergy.

Food allergies (refer to allergy aware policy, policy number 4)

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: