



## **HEALTHY FOOD SUPPLY AND NUTRITION POLICY OF ECHUNGA PRESCHOOL**

### **Rationale**

This preschool promotes safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* and relates to the DECD wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in 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:
  - Staff at this preschool 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 that fit within the Right Bite strategy for their children at preschool.

### **Curriculum**

Our preschool's food and nutrition curriculum:

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*.
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food.

## The Learning environment

Children at our preschool:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
- Will eat routinely at scheduled break times.
- Eat in a positive, social environment with staff who model healthy eating behaviours.

Our preschool:

- Provides rewards, encouragements that are not related to food or drink.
- Understands and promotes the importance of breakfast and regular meals for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.

## Food supply

Our preschool:

- Encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy.
- Encourages food choices which are representative of the foods of the preschool community.
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive.
- Ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy.
- Displays **nutrition information** and promotional materials about healthy eating.
- Has the following guidelines for families for **food brought from home** or provided by staff within preschool time:

### **Fruit Time:**

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins.
- Encourage a taste for healthy foods.

### **Food and drinks provided to children:**

- Parents and carers are encouraged to provide healthy food and drink choices in line with the ***Right Bite*** strategy.
- Staff will ensure that food provided to children by the preschool is in line with the ***Right Bite*** strategy.

### **Food safety**

Our preschool:

- 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 staff.

### **Food-related health support planning**

Our preschool:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

### **Working with families, health services and industry**

Our preschool:

- Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- Provides information to families and caregivers about the ***Right Bite*** Strategy through a variety of ways including:
  - Newsletters
  - Policy development/review
  - Information on enrolment
  - Pamphlet/poster displays
- Promotes the alignment of fundraising with the ***Right Bite*** strategy.