



WILMINGTON KINDERGARTEN Food and Nutrition Policy

Philosophy:

At our centre we:

- ❖ Provide a safe, fun, friendly and caring place.
- ❖ Provide an age appropriate play based program using the Early Years Learning Framework.
- ❖ Provide an inclusive and engaging environment
- ❖ Provide a continuous cycle of planning and assessment which supports each child's individual learning journey.
- ❖ Encourage family and community involvement to provide a quality centre by working as a team.

Rationale: We aim to ensure that snack time will provide positive learning experiences for children who will be encouraged to develop healthy lifelong eating habits of eating fruit and vegetables.

For children attending the Rural Care programme we believe that parents/guardians are responsible for providing meals and snacks for their children appropriate to the duration and times of care. Where inappropriate foods are sent, information will be provided to the families via pamphlets from the Child and Youth Health Service.

Enrolment packages will contain lists of recommended foods for daily use that form the basis of a healthy diet for the child.

Legislation:

- * Food Act 2001.
- * Childcare Centre regulations 1998 (SA).
- * Public and Environmental Health Act 1987 (SA)
- * Quality Improvement and Accreditation System (Cth)

Children Need:

- * A balanced diet in accordance with the Dietary guidelines for children and adolescents in Australia and the Australian guide to healthy eating. www.nhmrc.gov.au/publications
- * Their food preference to be respected and special dietary requirements followed.
- * Appetizing colourful food.
- * Opportunities to try new foods and develop positive attitudes to new food experiences.
- * Regular meal times.

- * Satisfaction of hunger between meals.
- * To develop healthy eating habits and attitudes that supports their physical development.
- * To be active every day and receive enough sunlight.

Parents Need:

- * Their religious and cultural beliefs and practices to be respected.
- * Input into and feedback about what and when their child eats.

Staff Need:

- * To be informed about a healthy diet and children's nutritional needs.
- * To provide a role model and source of information to children about healthy eating habits and attitudes.
- * Plan opportunities for the children that encourage diversity in, and promotion of new healthy eating experiences at the centre.

Management Needs:

- * To be informed of any issues in relation to food provision that may impact on the management of the service.

Wilmington Kindergarten support the interest of good health and the establishment of good eating patterns of children using our centre. We do this by:

- * Strongly encouraging families to provide healthy snacks for their children e.g fresh fruit or dried, vegetables, dairy produce. This policy is emphasized upon enrolment with pamphlets and posters available for parent education and viewing.
- * Incorporating education on food nutrition in the curriculum.
- * Encouraging sharing, conversation, independence and enjoyable fruit experiences. This is done via the use of: cooking and making healthy snacks, the use of puzzles, books, posters and home-corner play, planting vegetables and picking fruit from our fruit trees.

When preparing and serving food we will establish and maintain healthy and safe practices by planning activities which offer the children opportunities.

- * To be involved in the routines and preparation of a variety of nutritious foods, including some from other cultures.
- * To wash hands before cooking and during cooking, if the children cough, sneeze or put their fingers in their mouths etc.
- * To participate in positive learning situations.
- * To taste a variety of foods.
- * To wash all fruit and vegetables before use.
- * Eat routinely at scheduled break times

Staff also:

- * Store all children's lunches in the fridge provided.
- * Store children's water bottles in a cool area and provide children with access to chilled drinking water when necessary.

- * Take into account individual children's needs in the nutrition programme-allergies to specific foods/drinks be recorded and with easy access for staff referral.
- * Encourage parents to support our policy by sending home information on healthy eating.
- * Invite health professionals to visit the preschool thereby creating awareness of the importance of healthy food, and providing another role model for the children.

References and useful websites:

- * www.health.sa.gov.au Eat well guidelines
- * www.cyh.com.au Child and youth health service (posters, pamphlets and teaching resources available)
- * www.sadental.sa.gov.au South Australian dental service
- * www.earlychildhoodaustralia.org.au
- * www.childhood.org.au
- * www.parenting.sa.gov.au
- * www.raisingchildren.net.au
- * www.facs.gov.au

Chairperson
Governing Council
2015

Director
Wilmington Kindergarten
2015

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