



Staff at Wattle Park Kindertgarten aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits.

This policy has been established after consultation with staff, parents and follows the *Healthy Eating Guidelines* (DECS, 2004).

Curriculum

Wattle Park Kindergarten's food and nutrition curriculum:

- is consistent with the *Australian 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
- integrates nutrition across the curriculum where possible
- represents the practices and principles of the Early Years Learning Framework
- lunchtime is part of the curriculum and children are encouraged to talk about food and nutrition in a positive, relaxed, social eating environment where self-help skills are promoted.

The Learning environment

Children at Wattle Park Kindergarten:

- have fresh tap water available at all times and are encouraged to drink water regularly through the day
- are encouraged to bring their own named drink bottle
- eat in a positive, appropriate, social environment with staff who model healthy eating choices
- use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious food.

Our kindergarten:

- understands and promotes the importance of breakfast and regular meals for children.

Food supply

Our kindergarten has the following guidelines for families for food brought from home:

SNACK TIME

Parents and guardians are asked to supply fruit and vegetables or a healthy snack at snack time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods
- encourage chewing which promotes oral muscle development

Fresh fruits, vegetables or a slice of cheese are recommended for snack time or other healthy options as discussed with staff to suit individual health needs.

FOODS UNSUITABLE FOR FRUIT TIME: include packaged foods, cakes, sweets and **ALL NUT PRODUCTS**. Cordials and sweetened fruit juices are not recommended.



WATTLE PARK KINDERGARTEN

Wattle Park Kindergarten Healthy Food Supply and Nutrition Policy.

Developed and endorsed by staff and Governing Council: June 2012
Reviewed: June 2015
Next Review Due: 2018

LUNCHTIME PROGRAM

The *Healthy Eating Guidelines* apply to lunchtime.

Parents are encouraged to follow the above guidelines, and ask staff if they have any issues.

A healthy lunch box might include a sandwich, rice crackers, fruit, yoghurt, vegie sticks etc.

Our Kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than once a term, in accordance with the *Healthy Eating Guidelines*.

BIRTHDAY CELEBRATIONS

Please do not send cakes or other birthday food treats to kindergarten. We will celebrate with a song or two and a badge.

We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

Food safety

Wattle Park Kindergarten:

- promotes and teaches food safety to children during food learning/ cooking activities.
- encourages staff to access training as appropriate to the *Healthy Eating Guidelines*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children.
- we cook healthy options using produce from our kindergarten garden.
- whenever possible we provide recipes or tastings for families.

Food-related health support planning

Wattle Park Kindergarten:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues (eg; allergies, dietary requirements, diabetes etc.)

Working with families, health services & industry

Wattle Park Kindergarten:

- has invited parents, guardians and caregivers to be involved in the review of our whole of site healthy food supply and nutrition policy
- invites health professionals to be involved in food and nutrition activities with the children
- provides information from health professionals to families and caregivers on the *Healthy Eating Guidelines* through a variety of media such as regular newsletters, policy development and review, information on enrolment, poster displays and the website.

For more information

National Quality Standard [2.2](#) [Regulation 168 \(2\) \(a\) \(i\)](#) Related Key Regulations: [77](#), [78](#), [79](#), [80](#)

Note: Reg 79 and 80 do not apply to food and beverages provided by a parent