



Stirling North Childhood Services Centre

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Healthy Food Supply and Nutrition Policy

Rationale

This children's centre 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 DfE 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.

Our Centre

- 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
- 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 activities and events in line with the Right Bite strategy.

Therefore:

- staff at the centre model and encourage healthy eating behaviours by eating healthy food and drinking water with the children in a safe, supportive environment
- parents and caregivers are encouraged to supply health foods that fit within the Right Bite strategy for their children whilst at preschool.

The Learning Environment

Children at our centre:

- have cold filtered water available at all times and are encouraged to drink water regularly throughout the day
- eat in a positive, social environment with staff who role model healthy eating behaviours
- use the centre gardens, books, and internet through research to learn about and experience growing, harvesting, and preparing nutritious foods.

Fruit Time

Parents and carers are encouraged to provide a healthy snack for their child in line with the Right Bite Strategy, which:

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

Lunch Time

- parents and carers are to supply a healthy lunch in line with the Right Bite Strategy. We do not recommend roll ups; chips; sweets or chocolate; cordial; nuts or items that have may have nuts included including Peanut Butter or Nutella
- families are encouraged to pack children food in an insulated container. This lunch box is to be placed in the fridge each day by your child to encourage independence and to promote school readiness.

Anaphylaxis

Anaphylaxis is a serious and sudden form of allergic reaction and usually occurs within minutes of exposure to a trigger substance. Anaphylaxis can be life threatening without immediate appropriate treatment.

There are often times when children attending our kindergarten have severe life threatening allergies to particular foods/substances. Staff will inform the centre community when there are children with severe allergies attending and what foods/substances trigger these reactions.

As we almost always have at least one child enrolled and attending with a nut allergy which can be life threatening, we ask that **no nuts or nut products are brought to the site**. As children with allergies enrol or a new type of allergy is reported to staff, this restriction may expand to include other triggers if deemed necessary.

Birthday Celebrations

We acknowledge that birthdays are a special time for children and a celebration children enjoy sharing with friends. Families are welcome to provide a fruit and vegetable platter to be shared with the whole group of children in celebration of their child's birthday. No other food items are to be brought in by families at these times.

Food – related Health Support Planning

Our centre will liaise and support families to ensure a suitable food supply for children with health support plans that are related to food issues is available for their child at all times.

Policy Review

This food policy has been established after consultation with staff and the Governing Council and will be reviewed and evaluated regularly. Modifications to ensure continued relevance for the centre and to meet future guidelines will be made after further consultation with the above parties. (At least once every three years).

This Policy has been approved and ratified by Governing Council. Date of next review: November 2026

Signed by the Chairperson:

Signed by the Director:



Kelly Versteeg

Lynette Francis

6 November 2023

6 November 2023

Policy reviewed: 6 November 2023	Next review date: November 2026
Policy reviewed: 4 November 2020	Next review date: November 2023