



Largs North Kindergarten

Nutrition Policy

RATIONALE

Healthy eating helps young children to grow strong minds and bodies to help reach their potential for learning. Children mainly learn eating habits from their parents and other people in whose care they are. These habits learnt during childhood tend to continue into adulthood. As young children cannot select and prepare food for themselves, the adults in the child's life become responsible for making healthy food choices for them.

Based on the AUSTRALIAN DIETARY GUIDELINES for children and adolescents, it is emphasised that there is a need to:

- Enjoy a wide variety of nutritious foods.
- Eat plenty of breads and cereals, vegetables and fruits.
- Include dairy products such as milk, cheese and yogurt.
- Eat foods that are low in saturated fat.
- Balance food intake with physical activity.
- Eat only a moderate amount of sugars and foods containing added sugars.
- Choose low salt foods and use salt sparingly.

NUTRITION POLICY AIMS

The purpose of this policy is to:

- Encourage and support children to develop healthy eating habits.
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the kindergarten and foods bought from home will reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural needs relating to special diet requirements.
- Raise awareness of good nutrition principles.

NUTRITION STRATEGIES

SNACK GUIDELINES

- Children should bring either a piece of fruit, salad vegetables, yogurt, cheese, dry biscuits and/or a sandwich to eat at snack time. Sandwiches can contain any healthy fillings except for peanut paste or nutella or other fillings containing nuts.*
- No muesli bars, roll ups or LCM bars (due to high sugar levels and following dentist's recommendation).
- Foods linked with a high risk of choking should be minimised.

LUNCH GUIDELINES

- Children should bring a lunch containing some or all of the following: sandwich, fruit, salad vegetables, cheese, yogurt, dried/savoury biscuits. Sandwiches can contain any healthy fillings except for those containing nut products.*
- Children will be encouraged to drink water with their lunch, however a fruit juice can be included with lunch food.
- Children who attend the lunch time program should have a separate container for their lunch to avoid confusion with snack times. Lunch containers should be clearly labelled with your child's name and put in the fridge on arrival at Kindy.

DRINK GUIDELINES

- Fresh drinking water is to be available for the children at all times.
- Children who wish to use their own drink container, should only bring water.

SPECIAL OCCASION AND BIRTHDAY GUIDELINES

It is acknowledged that on some occasions there is a desire to have foods which are outside the general policy of the centre, eg special events etc. These foods will be allowed on the provision that they have NUT FREE INGREDIENTS.

Birthdays: Birthday cakes and other sweet treats are not permitted. We celebrate children's birthdays in the time honoured tradition of singing Happy Birthday, blowing out candles and the giving of a card. We like to make the child feel special on this day.

***Peanut paste and nutella contain nut products. Due to children with severe nut allergies, these products will not be permitted.**

STAFF

- Staff will encourage children to try new foods.
- Staff members or a parent engaged for lunch time care, will supervise children when eating.
- Learning about food and nutrition will be included into the curriculum, eg: growing vegetables, hands on cooking and tasting experiences, food awareness activities.
- Principles of good hygiene practice will be incorporated into daily routines to support this policy, eg hand washing.
- Food will not be used as a form of punishment or reward either by its provision or denial.
- Staff will respect the food preferences of the children
- Staff will act as role models in relation to their own food choices at the centre.

PARENTS

- Parents will be made aware of this policy upon enrolment of their child at the centre.
- Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Children who require specific foods because of dietary health needs or because of cultural/religious beliefs, then provision for this can be discussed with the director.
- Support staff in the implementation of the NUTRITION POLICY.
- Encourage families to engage in good eating habits and to raise awareness of the link between GOOD NUTRITION and GOOD HEALTH.

CONCLUDING STATEMENT

This policy has been developed by the Governing Council in consultation with staff members of the centre.

This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance for the centre.

Reviewed: May 2012

Next Review: May 2014

NQS: 2.2.1