

Nutrition POLICY



Largs North Kindergarten

Overview

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 families. 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 and teaching them the reasons for making healthy choices.

Due to children's nut allergies and sensitivities to food containing nuts and nut based products, our centre is a 'Nut Aware' site. Please do not provide your child with foods or snacks containing nuts, or those that indicate in the ingredient list that they have been produced where items containing nuts have also been produced.

This policy is informed by the Australian Dietary Guidelines and supports children to build healthy eating habits that contribute to lifelong wellbeing.

The Australian Dietary Guidelines (Department of Health and Ageing) provide suggestions about the amount and kind of foods that we need for health and wellbeing.

- 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.

Scope

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.

Details

Nutrition Strategies:

- Children should bring healthy foods such as fruit, vegetables, yoghurt, cheese, fresh meats, savoury biscuits and/or a sandwich. We encourage sandwiches that contain healthy fillings. Please avoid foods containing nuts. **The kindergarten is a NUT Aware site.**
- Avoid processed foods that contain nut products and are of high sugar content e.g. Muesli bars, roll ups or LCM bars.
- Foods linked with a high risk of choking should be minimised (e.g., whole grapes, hard carrots, large chunks of meat)
- We are unable to heat food; all food must be provided in a ready-to-eat format.

Drink Guidelines:

- **The kindergarten is a water only site.**

- Drink containers are to only contain water.
- Educators will refill children's drink bottles during the day as required and label the bottle with the refill time to ensure families have more information about their child waters intake.

Special Occasion and Birthday Guidelines:

Birthdays are celebrated with inclusive traditions such as singing, wearing the birthday hat, and giving a card. Due to allergy risks and the site's healthy eating focus, families are asked not to send cakes or sweet treats. Educators will make the birthday child feel special in a safe and healthy way

Roles and Responsibilities

Educators will:

- collect nutritional requirements information (sensitivities, allergies or considerations) through our enrolment process including Department for Education enrolment forms and Pre-Entry Interviews
- provide a copy of our Nutrition Policy to families when enrolling and for access at anytime
- encourage children to try new foods when they are prepared as part of the educational program, being considerate to sensitivities, allergies or considerations to promote inclusive access
- ensure information regarding children with sensitivities, allergies or considerations are communicated effectively as a team including medical management documents for allergies (Allergy Action Plans, Health Agreements and Risk Minimisation Plans)
- supervise children when eating, and encourage that they are seated when doing so
- encourage independence with lunch box, drink bottle and packaging opening (scissors and utensils provided)
- promote sustainability through our bin system and educational program
- include in the curriculum learning about food and nutrition eg: growing vegetables, hands on cooking and tasting experiences, food awareness activities
- role model and promote principles of good hygiene practice into daily routines eg. hand washing
- promote safe food preparation practises including hand washing, safe sneezes and coughs etc
- not use food as a form of punishment or reward either by its provision or denial
- respect the food preferences of the children
- act as role models in relation to their own food choices at the centre.

Families will:

- be made aware of this policy upon enrolment of their child at the centre
- be encouraged to support this Nutrition Policy and where difficulties arise in the provision of suitable foods, they will be consulted
- ensure they discuss child/ren specific food requirements due to dietary health needs or because of cultural/religious beliefs, with the director or cohort educator
- support educators in the implementation of this Nutrition Policy
- engage in good eating habits and raise awareness of the relationships between good nutrition and good health.

We are aware that there are various reasons why families choose to eat particular foods, for example religious reasons, or if families are vegetarian or vegan. Therefore, we will be considerate of these choices in our discussions and/or experiences relating to food at kindergarten.

Record History

Drafted: March 2016

Reviewed: May 2025

Ratified at Governing Council: 17th June 2025

Next review date: May 2026 (Term 2, Week 4)

Quality Area 2 – Children's Health and Safety (2.1.3 & 2.2.1)

Sources: Department for Health and Ageing, 'Healthy Eating for Children: Teach your child healthy habits for a healthy life', https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf