

LAKE WANGARY PRESCHOOL CENTRE

Healthy Food Supply and Nutrition Policy



Policy Statement

Based on the DECD HEALTHY EATING GUIDELINES AND 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 foods from the three food groups
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate of sugar 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 preschool will reflect the Australian dietary guidelines for children
- Support children who have health and culture needs relating to speciality dietary requirements
- Raise awareness of good nutrition principals amongst our community

Snack Guidelines

- Children should bring either a piece of fruit or vegetable to eat at fruit time
- Foods that are high in fat and sugar will be discouraged

Lunch Guidelines

- Children are encouraged to eat a sandwich or similar savoury first at lunch
- Children will be encouraged to drink water after eating

Drink Guidelines

- rain water for drinking is to be available for children at all times
- children who bring a water bottle should only bring water

Special Occasions/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, special event, ect. These occasions will be discussed and decided upon at Governing Council meetings. We acknowledge children's birthdays by singing and giving them a special birthday sticker.

Staff Responsibilities

- staff will supervise children when eating
- staff will encourage children to try new foods
- learning about food and nutrition will be included in the curriculum eg. Growing fruit and vegetables, cooking and tasting experiences
- principals of good hygiene practise will be incorporated into daily routines to support this policy
- food will not be used as a form of reward
- staff will respect food preferences of children
- staff will act as role models in relation to their own food choices at the centre
- staff will provide parents with nutrition information via newsletters, handbook and notice board

Parent Responsibilities

- parents will be made aware of this policy upon enrolment
- parents will be encouraged to support this policy and where difficulties arise in the provision in suitable foods parents will be consulted
- speak to director if child requires special diet

Governing Council Responsibilities

- supports staff in the implementation of the nutrition policy
- this policy has been developed by the staff members of the centre in consultation with the governing council
- this policy will be reviewed and evaluated regularly by staff and governing council and modified as required to ensure continued relevance to the centre.

Updated 13/03/2013

Review February 2014

