

Food and Nutrition Policy

Background

Win Newby Kindergarten would like to promote good nutrition and safe, healthy eating habits in a supportive environment for all children attending the centre.

To help achieve this, a Food and Nutrition Policy has been developed with the help of staff, the Governing Council and a Dietician from Whyalla Community Health Service.

Early childhood is a very important time for establishing lifelong healthy eating habits. Healthy eating has both short and long-term benefits for children. In the short term it maximises growth, development and activity while minimising sickness. In the long term it minimises the risk of diet related chronic diseases later in life, such as heart disease, strokes, some cancers and diabetes.

This Food and Nutrition Policy aims to establish an environment at Win Newby Kindergarten that promotes healthy food and eating habits with the children who attend.

Through this policy we aim to: (goals)

1. Promote a nutritious diet to the children
2. Teach children about food and nutrition
3. Promote safe eating practices.

How will these goals be achieved? (Strategies)

1. Promote a nutritious diet to the children
 - Parents will receive information on nutritious and safe foods to pack for their children to take to Win Newby Kindergarten
 - Water will be available at all times
 - Staff will model healthy food choices
 - Provide families with app options such as 'FoodSwitch' app to support families with healthy choices
2. Teach children about food and nutrition.
 - Food awareness activities will be included in the curriculum
 - Introducing children to new food tastes and textures (OPAL eat a rainbow program)
 - Grow own foods – promoting respect for the environment and good health practises.
3. Promote safe eating practices to prevent food poisoning and choking.
 - Children will wash their hands before handling or eating food
 - Children's lunches/ crunch and sip (perishable items) may be placed in the kindergarten fridge.
 - Children will need to sit while eating food.

Snack Time – to be called 'Crunch and Sip'

Crunch and Sip is part of every morning and afternoon routine at Win Newby Kindergarten. Parents and carers are asked to provide fresh fruit, vegetables, dried fruit, cheese or other healthy option for the following reasons:

- To provide children with important vitamins and minerals

- To encourage a taste for healthy foods and promote healthy eating habits
- To avoid children pressuring parents and carers to buy and provide other less healthy foods they may see other children having!

We encourage you to please make every effort to provide only fruit and vegetables at Crunch and Sip as these foods encourage chewing which promotes good oral muscle development. Children who don't eat any (or enough) fruit and vegetables are at nutritional risk.

NB. THIS IS A NUT FREE KINDERGARTEN

This is because some of our children can have a life threatening allergic reaction to nuts and nut products including peanut butter and nut products, muesli bars and other snack items (please read the labels carefully). Sometimes just touching a bowl that has had peanuts in it can trigger a reaction. Thank you.

Popcorn as snack food

Staff and governing council have reviewed the policy and decided that popcorn is an inappropriate snack for kindergarten children. In some instances, we have had children choke as a result of popcorn getting stuck in throats.

Wipe Out Waste - Reduce, Reuse and Recycle

At Win Newby we pride ourselves on our sustainable practises and this includes the amount of waste we have. In liaison with KESAB (Keeping the Environment in South Australia Beautiful) We encourage families to pack children's sandwiches in a washable container instead of using sandwich bags and glad wrap, to reduce the amount of rubbish that gets put into landfill.

Lunch Time

Parents and carers are encouraged to pack healthy lunches consisting of a variety of foods from the five food groups. Foods from these groups will help the children meet their nutrition requirements for the day.

Healthy ideas will be placed in newsletters regularly.

Lunch time is a social event for the children. They enjoy eating together and 'comparing' lunch boxes. As Win Newby Kindergarten encourages healthy food choices, parents and carers are asked to avoid including foods high in fat, sugar and salt in children's lunch boxes. A sandwich or a salad lunchbox is recommended and encouraged.

Food Guidelines for Birthday Celebrations

To make birthday celebrations inclusive of all children, we ask that you do not bring birthday treats or cakes to kindy, but save them for home celebrations. This reinforces our healthy eating policy, prevents other (non-kindy) children from being upset at missing out, and does not exclude children who have food allergies.

INSTEAD, our Birthday Celebrations will include:

- A Birthday Certificate
- A Birthday Sticker

The staff and children will sing Happy Birthday on arrival or during the session and share a birthday chat.

Guidelines for Fundraisers

Win Newby Kindergarten aims to provide a supportive environment that promotes good nutrition and healthy food choices for children. Hence some consideration needs to be given to the types of food items available for fundraising.

It is recognised that many food items traditionally available for fundraisers are high in fat and/or sugar (eg cakes, lollies, chocolates). Healthy food choices and non-food items should be considered as fundraisers. Kindy staff encourage everyone to provide "healthy" ideas for fundraisers. We will allow 1 food fundraiser per year that does not comply with the Food and Nutrition policy.



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Healthy Snacks

Fresh fruit whole

Tinned/container fruit in **natural** juice

Fresh vegetables (raw, cooked, mashed, grated) i.e. capsicum, cucumber, mushrooms, snow peas, sprouts, cauliflower.

Sandwiches

Cheese: cottage cheese, cream cheese, fruit cheese, cheese sticks

Cracker biscuits: saladinas, cruskits, vitawheats, saos, rice crackers or snacks and rice cakes

Small container of yoghurt, fruche

Hard boiled eggs

Cold meats: beef, lamb, pork, ham, chicken, fish (tuna, salmon)

Vegetable based dips

Pita bread, flat bread, mountain bread rolled up with sandwich fillings

Cold pasta, baked beans

Drinks

Water is supplied at all times. Please DO NOT send fruit juice or cordial; they are high in sugar, attract ants and make a sticky mess when spilt!

Foods Unacceptable for Snack Time

Parents and carers are requested not to provide the following foods and drinks for snack time (and lunch) as they provide little goodness (vitamins and minerals).

Some foods are high in fat, while others are high in sugar and promote tooth decay. Other foods are soft and don't promote chewing for healthy teeth, gums and face muscles.

- Sugary sandwich spreads eg honey, jam, chocolate spread, hundreds and thousands, peanut butter
- Potato, corn, rice chips including cornchips, twisties, burger rings, etc (high in fat and salt)
- Popcorn as it is a choking hazard
- Muesli bars (high in sugar) and nut products
- Fruit bars Roll ups, fruit straps, fruit metres, etc (high in sugar)
- Chocolates (high in fat and sugar)
- Lollies (high in sugar)
- Soft drink, cordials, flavoured mineral water (high in sugar)
- Fruit juice, fruit box (high in sugar)
- Biscuits (high in fat and sugar)
- Cakes, buns, pastries (high in fat and sugar)
- Chewing gum (high in sugar)
- Dunkaroos/Dig Its
- Nut products of any kind