



Adelaide Miethke Kindergarten

Healthy Eating Guidelines

This policy covers both the **Occasional Care** and **Kindergarten** programs. There are also some specific requirements for Occasional Care families as we have very young children attending. Please see additional guidelines on page 2.

Good nutrition involves eating a variety of foods. Encouraging healthy choices from an early age ensures good habits in the future. Children with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at school and preschool. Establishing healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life.

We ask that families using our services support us by sending fruit, vegetables or cheese for shared fruit time and a healthy lunch to kindergarten with their children.

The traffic light guide below is able to assist families in making healthy choices and is in-line with the Right Bite Healthy Eating Plan.

Green Most food packed for children's LUNCH should come from this category		
Fruits	Dried Fruit	
Vegetables / vegetable sticks (cooked or raw)	Dry and savoury biscuits, rice crisps, rice cakes, corn cakes	
Sandwiches/wraps with healthy fillings (e.g. cheese, meat, salad, vegemite)	Cold meats	
Salad	Fruit loaf	
	Cheese	
Amber May include a <u>MAXIMUM OF 2</u> small treats for kindergarten children staying for lunch.		
Chips	Cakes	
Yogurt	Sweet biscuits	
Red Do not bring these to Preschool <small>* May be available for special days and celebrations very occasionally.</small>		
Lollies	Fast food (e.g. hot chips)	
Muesli bars and Fruit Roll-ups	Nuts & Nut products - Please observe our NUT AWARE zone and do not send nuts (e.g. peanuts, cashews, macadamia and other nuts) or foods that contain nuts (e.g. peanut butter & Nutella).	
Chocolate bars & chocolate custard snacks		
Cordial, juice & Soft drinks	Eggs	
PORTION SIZES	HEALTH & HYGEINE	ENVIRONMENTAL ISSUES
For morning tea families provide a serving of fruit or equivalent. For lunch, resist the temptation to send too much food, as this leads to wastage, & doesn't encourage children to eat what they are given. This is not good for your budget or the environment and gives children the message that waste is OK.	Prior to eating all children are expected to wash their hands. Utensils are used when sharing foods. Children are expected to be seated at all times when eating. Lunch boxes are kept in the children's bags. Families are encouraged to pack an ice pack and use an insulated bag. Children sit at tables to eat their lunch. Staff supervise and encourage children to eat. Snack foods are eaten after their main lunch item.	Environmental awareness and sustainable practices are taught throughout the program. One way families can be involved is to minimise the amount of packaging in children's lunches.
RECOGNISING NEEDS	CURRICULUM	CURRICULUM

If your child has specific dietary needs – please speak to the Director.

Children with allergies MUST have a specific health care plan.

Families are asked to observe our nut aware zone and not to send any foods containing nuts or nut products as some children can have life-threatening allergies to these products.

From time to time you may be asked to avoid bringing other foods to kindergarten due to a known allergy.

Snack time and lunch time are part of our curriculum. These times provide opportunities for children to:

- interact socially,
- develop organisation and self-help skills in a supported way,
- to be responsible for their belongings and
- show an increasing awareness of healthy life styles and good nutrition.

Staff use the 'Right bite Easy guide to Healthy Food & Drink Supply for SA Schools and Preschools'.

Parent involvement will include cooking and opportunities to contribute to curriculum & policy development.

Children's learning can be observed during these times using the Early Years Learning Framework within the following outcomes.

Outcome 1: Children have a strong sense of identity.

Children feel safe, secure and supported.

Children learn to interact in relation to others with care, empathy and respect.

Outcome 3: Children have a strong sense of well being.

Children become strong in their social and emotional well being.

Children take increasing responsibility for their own health and physical well being.

Outcome 5: Children are effective communicators.

Children interact verbally and non-verbally with others for a range of purposes.

DRINKS

Children need to bring from home a water bottle that they can drink from during the day. Please do not send juice, cordial, soft-drinks or flavoured milk. Water is the preferred drink for all kindergarten children. Staff will re-fill bottles throughout the day if needed. Children without water bottles will be offered drinks regularly.

MANAGING FOOD INDEPENDENTLY

Staff encourage the children to be as independent as possible throughout their day at kindergarten including at lunch times. Children are encouraged to open their own lunch box, un-wrap their own foods and feed themselves. This is very important preparation for managing at school.

CELEBRATING BIRTHDAYS AT KINDERGARTEN

We celebrate birthdays by giving a certificate and as a group we sing 'Happy Birthday'.

We do not share food (cakes, lollies etc.) or give gifts to mark children's birthdays. Please keep these for celebrations at home.

OCCASIONAL CARE

As we have very young children attending our Occasional Care Service we have a small number of specific guidelines for families who use this service for safety reasons. Please pack foods in a small lunch box without Gladwrap as it is a choking hazard.

Please **DO NOT** bring:

Egg

Sultanas

RAW carrots or apples

Chips, chocolate, sweet biscuits, lollies or popcorn.

NUTS or Nut products (peanut butter or Nutella) - as outlined above.

Grapes must be cut in half as they are a choking hazard for children under 2.

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