



Grove Kindergarten

Food Supply and Nutrition Policy

Date created
September 2015

Next Review
September 2024

Rationale

Food consumption is a connective experience which brings people together, and this process and practice needs to be promoted and nurtured within education and care systems. Role modelling, sharing, communicating and exchanging thoughts and emotions at mealtimes strengthen the fibre of a school community. Food has a dual purpose of nourishing children as well as increasing their social connectedness, cultural awareness and emotional values.

In its simplest form, food provides energy and nutrients essential for optimal learning and cognitive development. For children to actively participate in learning they need to feed their body and brain with a nutritious and adequate diet. The research shows that a balanced diet is crucial to brain development, physical and mental growth and immunity from illness. All these factors assist a student to flourish within a learning environment. The protective impact of a balanced and nutritious diet on the reduction of the risk of the development of anxiety and depression during childhood is also well established (ref).

The food supply within our kindergarten represents a practical and tangible opportunity for the promotion of balanced eating behaviours.

Our values

This preschool promotes habits in line with the SA Right Bite Food and Drink Supply Standards.

We believe that early childhood is an important time for establishing a positive relationship with food and building lifelong habits which can benefit children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of lifestyle related conditions later in life.
3. Good nutrition contributes to good health and wellbeing, and this is vital for positive engagement in learning activities.



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Therefore:

- staff at this kindergarten model and foster intuitive eating and drinking behaviours, with a focus on nutritious foods.
- food and drink are consumed in a safe, supportive environment for all children.
- a focus on mindful eating and responding to the body's internal hunger and fullness cues.
- parents/caregivers are encouraged to supply a variety of foods that fit with the Right Bite Standards for their children at kindergarten.
- we respect and value our families and their cultures, customs, and religious traditions, and encourage a diverse range of foods to be included in children's lunch boxes.

This policy has been established after consultation with staff and parents within the preschool community.

Curriculum links

Our Kindergarten's food and nutrition curriculum:

- is consistent with the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- includes activities that provide children with knowledge, attitudes, and skills to make food choices from a diverse range of foods and learn about the importance of eating and food in social connectedness, cultural identity and heritage, celebrations as well as growth, development, and overall wellbeing.
- includes opportunities for children to develop practical food skills like preparing and cooking food.
- integrates nutrition across the Early Years Learning Framework where possible.

The Learning Environment

Children at our kindergarten:

- have fresh, clean water available always and are encouraged to drink water regularly through the day.
- are encouraged to eat routinely at scheduled break times.
- eat in a positive social environment with staff who model positive eating behaviours such as mindful eating and listening to hunger and fullness cues.
- use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our Kindergarten:

- does not provide rewards/encouragements that are related to food or drink.
- understands and promotes the importance of adequate nutrition for children.
- teaches the importance of offering regular meal and snack times as part of the curriculum.
- is a breastfeeding friendly site.

Food Supply

Our kindergarten:

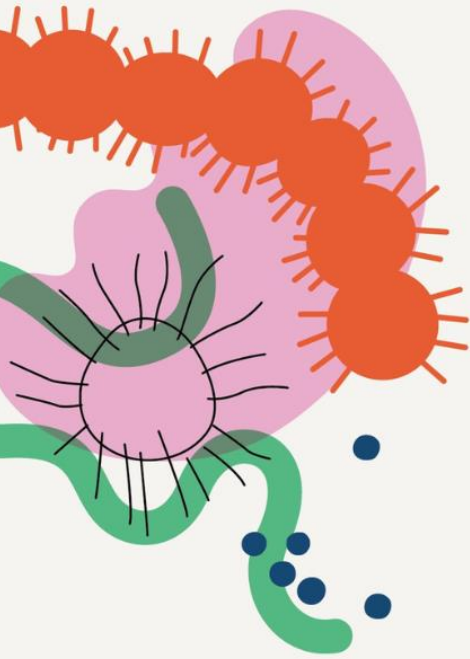
- encourages food and drink choices for children in line with the Right Bite Standards.
- ensures a wide variety of food choices are promoted and are culturally sensitive and inclusive.
- displays nutritional information and promotional materials about all foods.



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Snack Time

Parents/caregivers are encouraged to provide options such as fruit, vegetables, cheese, crackers and dip and yoghurt, with the aim:

- of providing children with important nutrients.
- encouraging children to try a diverse range of foods.

Lunch Time

Parents/caregivers are encouraged to provide food and drink choices in the following ways:

- a balanced lunch box may include sandwiches, rolls, wraps, pasta, noodles, fruit, veggie sticks, yoghurt, cheese etc.
- consider a range of foods to provide diversity in nutrients and choices for children.
- the centre is allergy aware, so nuts and nut products are not allowed.

Food safety to minimize risk of infection and spread of germs

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum.
- provides adequate hand washing facilities.
- promotes and encourages correct hand washing procedures with children and staff.
- discourages children from sharing food with one another.
- requires staff to wear gloves when handling food.

Food related health support planning

Our kindergarten liaises with families to ensure a suitable food supply and support for children with health support plans or specific health/eating issues. Working with families, health services and industry, our kindergarten:

- invites parents/caregivers to be involved in any significant reviews of our whole of site food supply and nutrition policy.
- provides information to families about the Right Bite Standards in a variety of ways.
- promotes the alignment of fundraising with the Right Bite Standards.

Document Review History

Date	Approved by Governing Council
September 2015	2015 review
July 2016	2016 review
March 2017	2017 review, minor amendments, addition made re discouraging food sharing
April 2018	2018 review
May 2019	2019 DFE logo changed
June 2020	2020 review, minor amendments
August 2023	Rewrite and consultation in line with new Standards and Guideline

Source: SA Right Bite Food and Drink Supply Standards
Australian Dietary Guidelines
Australian Guide to Healthy Eating



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