

Food At Kindergarten

In recognition of the kindergarten environment as a major part of the social environment that shapes eating behaviour and attitudes to food, this food policy is a guide to decisions in curriculum and practice around food. This policy has used the following DECD guidelines.

[Right Bite Policy - Right Bite Easy Guide to - Healthy Food & Drink Supply for South Australian Schools & Preschools](#)

[Eat Well SA - Schools and Preschools: Healthy Eating Guidelines](#)

Pooraka Kindergarten aims to promote learning, health and wellbeing in relation to food and nutrition by

- Requesting suitably healthy snacks and lunches are provided by families.
Healthy snacks are ones that are low in
 - fat
 - salt
 - sugar

- Healthy snacks are
 - high in fibre
 - have good nutritional value

- We have a routine of eating at scheduled break time. However, flexible opportunities exist for children to eat and drink.
- Children are taught and reminded to wash their hands before eating.
- We DO NOT supply food however when providing emergency snacks such as fresh fruit or cracker biscuits, parents are consulted beforehand.
- **We are unable to heat foods because we cannot meet the national standards for food safety with our limited facilities.**
- Actively promoting the Australian Guide to Healthy Eating chart; foods are displayed in everyday and sometimes groups.
- Children are given opportunities to learn about the principles of healthy eating through food preparation and tasting as part of our learning/curriculum.
- Providing a pleasant social environment in which to eat snacks and lunch.
- Providing fresh filtered drinking water.
- Nut and peanut products are prohibited.
- Special events such as cultural celebrations are opportunities to enjoy sometimes foods.
- Parents are asked not to bring food to celebrate children's birthdays. This removes the possibility of supplying unhealthy food or causing life threatening allergic reactions.
- We respect the cultural diversity of our centre and include specific dietary requirements when needed. (e.g. Halal meat, vegetarian). We encourage food choices which are representative of the food of the preschool community.