



Healthy Food Supply and Nutrition Policy

Policy Statement

At Pooraka Community Kindergarten we promote healthy eating habits and encourage children to make healthy food choices within a safe and supportive environment. We believe that early childhood is an important time for establishing lifelong healthy eating habits which support good health, wellbeing and engagement in learning. The goal of this policy is to promote healthy food choices to children (whether food is provided in the setting or brought from home), while also encouraging children to eat to their own appetites, develop positive attitudes toward selecting food, and enjoy eating' (Get up and Grow: Healthy Eating and Physical Activity for Early Childhood).

Pooraka Community Kindergarten is an ALLERGY AWARE PRESCHOOL

We are not able to guarantee that the environment will be free from potential hazards, however, we minimise potential risks by compliance with the following guidelines.

Our PCK Learning Environment and Curriculum:

- Is consistent with 'Get up & Grow: Healthy Eating & Physical Activity for Early Childhood', the 'Australian Dietary Guidelines for Children & Adolescents in Australia', & 'Eat for Health – Educator Guide'.
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for children to develop practical food skills in preparing and cooking healthy food
- Integrates nutrition across the curriculum including foods from other cultures
- Is inclusive of children with intolerances, allergies and cultural beliefs
- Is inclusive of the Early Years Learning Framework (Outcome 3: Children have strong sense of wellbeing) and National Quality Standards (Quality Area 2 – Children's Health and Safety).
- Encourages exploration of desirable food through play. Educators promote this as a way of learning to accept these foods.
- Lunch and snack times are important social situations where children enjoy eating together and talk about their snacks and lunches.

Children at our preschool:

- Always have access to filtered water
- Are encouraged to drink water regularly throughout the day (children have access to safe drinking water at all times, and are offered food and drinks regularly throughout the day ([regulation 78](#)))
- Are encouraged to bring a named drink bottle containing water only
- Eat in a positive, appropriate and social environment with staff who model healthy eating behaviors
- Are encouraged to minimise packaging options which create landfill
- Wash hands before eating or cooking
- Follow daily routines for food breaks and are able to make their own choice to eat at any time.
- Learn how to manage their own food and drink.
- Hear messages about the importance of breakfast and regular meals
- Enjoy family events with foods that are culturally sensitive and inclusive

Food Supply: Families are responsible for providing snacks and lunch for their children. Families are encouraged to provide healthy and nutritional food. We understand that some children are still acquiring a taste for fruit and vegetables.

We are partnered with **Foodbank Australia** enabling us to offer alternative food choices or supply healthy food options for children who are still hungry and seeking sustenance. We operate a breakfast program in the mornings, offering cereal, fruit and toast.

Fresh fruits and vegetables are recommended. Other recommended foods include pikelets, cheese, eggs, rice cakes, sandwiches with healthy savoury fillings, dried fruit, fruit bread, dry biscuits/crackers, salads, pasta, rice, meat, scones, flat bread.

We will work to develop partnerships with community to promote healthy eating and discourage foods that provide low nutritional benefits (foods high in salt, sugar, fats, cordial, soft drink, sweetened fruit juices, foods containing nuts).

Food Safety: Our nut and allergy aware practices recognise that many staff and students have allergies and, particularly in the early years, these require careful consideration. Food safety:

- Is everyone's concern, however, age appropriate responsibility is given to students for their food management
- Is promoted and taught to children as part of the curriculum
- Is assisted by training for staff as needed

We ask families to include ice/cold packs in lunch boxes to keep food cold. We cannot heat children's lunches.

We provide adequate hand washing facilities and encouragement of hand washing after toileting and before eating

We promote healthy foods and healthy eating through growing fruit and vegetables.

We promote and teach food safety during food learning and cooking experiences.

We provide recipes for families wherever possible.

Families are asked not to bring any food products that another person in the same session has an allergy to.

Birthdays and Celebrations: We will ensure a healthy food supply for preschool activities celebrations and events, limiting availability of unhealthy foods (high in fat, sugar, salt) or processed foods. Families may share birthday cake or treats providing the product is inclusive of other children's dietary needs.

Food-related Health Support Planning: Working with Families, Health Services and Industry

Parent responsibilities:

- Inform preschool staff of any allergies or allergic reactions either at enrolment or on diagnosis
- Complete health care plans with the treating medical practitioner.
- Inform educators of any changes to Health Support agreements which will immediately be updated in response to any changes whilst the child is enrolled.
- Ensure the medication specified in plans is current (not expired) and available to staff each time the child attends kindergarten

Educator responsibilities:

- Be aware of children with allergies/anaphylaxis, health conditions
- Receive training to meet children's medical needs e.g. First Aid, Asthma and Anaphylaxis
- Inform families when a child with allergies or anaphylaxis attends preschool
- Inform families which foods need to be avoided / discouraged
- Encourage all children not to share foods brought from home with each other
- Monitor snacks and lunches to avoid potential risks. Duty of Care during food eating times
- Offer an alternative snack, lunch to children when needed
- Liaise with families to ensure a suitable food supply for children with Health Support plans and for children in relation to cultural or religious beliefs.
- Health support plans are developed for children with allergies or medical needs related to food.
- Assess risks when planning for food related or cooking experiences. Check ingredients.
- Ensure adequate health and hygiene practices, and safe practices for handling, preparing and storing food are implemented ([regulation 77](#)).
- food or drinks provided are nutritious and adequate in quantity, and each child's dietary requirements are considered – taking into account their growth and development needs and any specific cultural, religious or health requirements ([regulation 79](#))

Regulations 79 and 80 do not apply to food and beverages provided by a parent for their child.

Under the National Quality Standard – Standard 2.1 Health, Element 2.1.3 Healthy Lifestyle, preschools are required to make sure healthy eating and physical activity are promoted and appropriate for each child. Refer to the [Guide to the National Quality Framework](#) for more information.

Updated: November 2023

Reviewed by Staff: 21st November, 2023

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Supporting documents

<https://www.education.sa.gov.au>

easy_guide_to_healthy_food_and_drink_supply_in_sa_schools_and_preschools.pdf

Dietary Guidelines for Children and Adolescents in Australia

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Australian Guide to Healthy Eating

<https://www.acecqa.gov.au/nqf/national-quality-standard>

National Quality Standard 2 – Children’s Health and Safety 2.1 and 2.2

<https://www.health.gov.au/resources/collections/get-up-grow-resource-collection>

Provision Register

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1		December 2023

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