



Swallowcliffe P-7

We value **Honesty, Respect, Achievement**

SWALLOWCLIFFE PRESCHOOL

Healthy Food Policy

Rationale:

Healthy eating and drinking plenty of water helps children to maximize their learning and increase levels of concentration. It also encourages children to develop healthy habits from a very young age. Swallowcliffe Preschool aims to support children to develop healthy eating habits in a safe and supportive environment. Healthy eating will benefit the children by:

- Maximizing growth, development and activity
- Minimizing the risk of illness including diet related diseases later in life eg heart disease, diabetes

Curriculum:

Our Preschool food and nutrition curriculum is consistent with the Early Years Learning Framework and the National Quality Standards. We include;

- Activities that promote healthy food choices, providing children with opportunities to develop their nutrition knowledge. Knowledge regarding nutrition that is integrated across all the curriculum areas where possible.
- Opportunities for children to develop a healthy relationship with food as they develop their food preparation skills through our Kids in the Kitchen cooking program.

The Learning Environment:

Children at our Preschool:

- Have clean, fresh water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to try new foods through our Kids in the Kitchen cooking program
- Have a period of time to sit and eat.
- Eat in a positive, social environment with staff who model healthy eating.
- Are supported to eat their healthiest food options first.

Our Mission: To empower students to recognise and optimise their full learning potential.



Government of South Australia
Department for Education and
Child Development

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Our Preschool:

- Does not judge what is inside a child's lunch box. Our staff recognize and respect that families make the nutritional decisions for their child.
- Understands and promotes the importance of breakfast for children, offering breakfast on Friday's and offering breakfast daily to those who need it.
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Teaches the importance of drinking water regularly.
- Teaches the importance of the difference between healthy and unhealthy foods.
- Shares in a fruit sharing time.
- Has a vegetable garden.
- Is a breastfeeding friendly site.

Food Supply

- Families are asked to supply fruit or vegetables daily. Fresh fruits and vegetables are recommended for fruit time.
- Families are asked to provide a healthy packed lunch. We encourage families not to bring pre packaged or processed foods.
- Children who bring foods which are high in sugar, fat, food colouring and preservatives, will be encouraged to eat their healthiest option first. Staff may offer a healthier alternative from the kitchen if the child wishes. Staff may discuss the benefits of a healthy lunch box with their family.
- Staff are unable to reheat children's food due to health and safety regulations.
- Cooking in the Preschool will follow the Right Bite and Healthy Eating Policies, avoiding foods in the red category.
- Families are allowed to supply a birthday cake to celebrate their child's birthday as long as the list of ingredients is supplied to staff for allergy purposes. Store bought cakes are preferred as the ingredients are on the packaging.

This is to

- Encourage children to develop a taste for healthy foods.
- Support children to develop a lifelong healthy eating pattern.
- Encourage chewing which promotes oral muscle development.
- Provide children with important minerals and vitamins.
- Support families to develop their knowledge around health and nutrition.

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The policy will be promoted by:

- Families being informed via the newsletter/skoolbag app and other correspondence.
- A copy given to families who request it.
- New families to the Preschool being informed via the enrolment meetings.
- Staff being informed via staff meetings and provided with training opportunities.
- Students being informed via teachers.

Reviewed May 2017

Updated: 1/8/2019

Endorsed by Governing Council: August 2019

Reviewed:

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