



ALDGATE KINDERGARTEN

3 Fairview Rd Aldgate SA, 5154 Phone 83393864 or 0418446163
dl.4602.leaders@schools.sa.edu.au

Nutrition, food and beverages policy

Rationale

We believe it is important to encourage healthy eating and drinking, and to help children develop an understanding of how specific foods and drinks impact our body and brain. We believe that healthy foods help children to concentrate to learn, and to have sustained energy throughout the day. Early childhood is an important time for establishing lifelong, healthy eating habits. We recognise the importance of being responsive to individual families and local community needs, such as specific cultural, religious and health requirements.

The learning program

We will include experiences that encourage children to develop an understanding of good nutrition and how food and drinks affect our bodies.

We will provide opportunities for children to develop practical, hygienic food skills and ensure that healthy food choices are promoted. We will work together with families to ensure that we are respectful of parent choice while ensuring all children's health and safety.

Children at our kindergarten will:

- be encouraged to eat routinely at scheduled, actively supervised eating times;
- be reminded not to share food with other children and the reasons why;
- be provided with a safe, clean and supervised spaces to eat if they are hungry outside of the scheduled eating times;
- have access to fresh, clean drinking water at all times and be encouraged to drink water regularly throughout the day;
- be supported to actively participate in our gardening program to learn about growing, harvesting and preparing nutritious foods.

Management of medical conditions, allergies, food intolerances, and cultural or religious dietary requirements

- A safety and risk management plan will be developed to ensure the health and safety of children with anaphylaxis, allergies, food intolerances and medical conditions that require an eating or drinking plan.
- To minimize risk, we ask that families do not send any foods or packaging that contain or has contained nuts.
- We will liaise with families to ensure a suitable energy supply for children with specific nutritional or health needs.
- All allergies and food intolerances will be reviewed prior to any planned food preparation or cooking experience.
- Staff will complete annual food safety and anaphylaxis training.

"Sometimes" foods and "everyday" foods

At kindergarten, we will refer to foods containing high amounts of sugar and fats as "sometimes" foods, and reference the pyramid for healthy eating. To support children to develop the taste for a variety of healthy foods, if a "sometimes food" is packed children will be encouraged to fill up on the healthier options first.

Families can help support this policy by:

- discreetly advising staff if their child is a fussy eater;
- packing a variety of foods in small amounts, as per the healthy food pyramid;
- putting an ice-brick with children's lunches to keep food fresh, and packing warm foods in insulated containers;
- helping to reduce landfill by packing foods in reusable containers or pouches rather than single use plastics.
- speaking to staff with any concerns or questions in a timely manner so that we can work together.



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Government of South Australia
Department for Education

Legislative requirements

Section/regulation	Description
Regulation 77	Health, hygiene and safe food practices
Regulation 78	Food and beverages
Regulation 79	Service providing food and beverages
Regulation 90	Medical conditions policy
Regulation 91	Medical conditions policy to be provided to parents
Regulation 160	Child enrolment records to be kept by approved provider and family daycare educator
Regulation 162	Health information to be kept in enrolment record
Regulation 168	Education and care services must have policies and procedures
Regulation 170	Policies and procedures to be followed
Regulation 171	Policies and procedures to be kept available
Regulation 172	Notification of change to policies and procedures