



**41 View Street  
Port Augusta 5700  
Phone: 8642 2761**

## **Healthy Food Supply and Nutrition Policy**

Staff at Willsden Childhood Services Centre aim to promote nutritional eating habits in a safe and supportive environment for all children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

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

Therefore:

- staff at this preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods

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

### **Curriculum**

Our preschool's food and nutrition curriculum:

- is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating
- 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 like preparing and cooking healthy food
- Integrates nutrition across curriculum where possible
- integrates nutrition across the Early Years Learning Framework for Australia where possible, relating to the Developmental learning outcome: 'Children have a strong sense of wellbeing'.

### **The Learning environment**

Children at our preschool:

- have fresh, filtered tap water available at all times and are encouraged to drink water regularly through the day. The water trolley with children's drink bottles is accessible at all times.
- will eat routinely at scheduled break times encouraging independence, hygiene and reasonability
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

## **Food Supply**

Our Preschool:

### **Morning Snack Time**

Parents and carers are asked to supply fruit and vegetables for morning fruit time to:

- Encourage a taste for healthy foods
- Provide children with important vitamins and minerals
- Encourage chewing which promotes oral muscle development

### **Lunch Boxes**

Families are encouraged to follow the above guidelines and ask staff if they have any issues.

We encourage you **NOT** to send the following foods to Preschool

- Rolls ups (flattened fruit snacks)
- Chocolate (this includes chocolate flavoured foods such as custard and chocolate biscuits)
- Lollies, including fruit juice lollies
- Chips (plain corn chips are ok)
- Cordial and fruit juice (pop tops, fruit boxes etc)

Healthy Food Alternatives are:

- Vegetable sticks (carrot, capsicum)/ Cheese sticks
- Water
- Sultanas
- Fresh or dried fruit
- Wholemeal or multigrain sandwiches
- Dry crackers and cheese

Willsden Childhood Service Centre will have emergency lunch for children available if a child requires it.

Our preschool will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed foods to occasional special occasion and graduation celebrations.

## **Food safety**

Our preschool:

- Promotes, models and encourages correct hand washing procedures with children and staff.
- promotes and teaches food safety to children during food learning/cooking activities.
- encourages staff to access training as appropriate to Healthy Eating Guidelines.
- provides sanitising solution and adequate hand washing facilities for everyone.
- wherever possible provides recipes for families.

## **Working with families, health services & industry**

### Our preschool:

Provides information from health professionals to families on the Healthy Eating Guidelines through a variety of media:

- Newsletters
- Policy development / review
- Pamphlet / poster displays

*In order to protect all children, we ask that foods do not contain nuts. This is assessed throughout the year to protect the children/ educators that have allergies/ anaphylaxis.*

**Publication: 2016**

**Reviewed date: September, 2023**

**Reviewed: 2026**

**Approved by Governing Council:**

\_\_\_\_\_

**Governing Council Chairperson**

**Date:**\_\_\_\_\_

\_\_\_\_\_

**Preschool Director**

**Date:**\_\_\_\_\_