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## Riverbanks College B-12 Preschool Healthy Food and Nutrition Policy

### Rationale

We believe that early childhood is an important time for establishing lifelong healthy eating habits and that healthy food aids children's ability to concentrate and learn. Healthy eating habits benefits 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.

At Riverbanks College B-12 Preschool:

- Preschool staff will model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Families/carers are encouraged to supply healthy foods that fit within the Right Bite Strategy for their child at preschool

### Curriculum

Our preschool's food and nutrition curriculum:

- Is consistent with the *Australian Dietary Guidelines 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 including preparing and cooking healthy food
- Integrates nutrition across the curriculum where possible
- Integrates the Early Years Learning Framework, Implementation guidelines for indicators of preschool numeracy and literacy in government preschools and the National Quality Standard.

### The learning environment

Children at RBC preschool:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly during the day
- Are encouraged to bring their own named drink bottle filled with water only
- Eat in a positive, social environment with staff who model healthy eating behaviours
- Eat while seated
- Have the opportunity to learn about and experience growing, harvesting and preparing nutritious food

Our preschool:

- Understands and promotes the importance of children having breakfast prior to attending preschool
- Understands the importance of regular meals for children
- Teaches the importance of healthy meals and snacks as part of the curriculum

- Our preschool will ensure a healthy food supply for preschool activities, celebrations and events,
- strictly limits availability of high fat, high sugar, or processed foods to no more than twice a term, in accordance with the Healthy Eating Guidelines.

Nutritional information about healthy eating is displayed and information will be provided through updates in our newsletters and on our website.

### Food and water supply

Families/carers are encouraged to provide healthy food and drink choices in line with the *Right Bite strategy*. RBC preschool staff will ensure that food provided to children is in line with the *Right Bite strategy* and will ensure that healthy food choices are promoted and are culturally sensitive and inclusive. Our preschool has the following guidelines for food brought from home.

### Snack time

Families/carers are encouraged to supply food that:

- Provides children with important vitamins and minerals
- Encourage a taste for healthy foods

Examples:

- Any fresh fruit/ vegetables
- Cheese
- Savoury sandwiches
- Home-made savoury food (no nut products)
- Air popped popcorn
- Dried fruit
- Dry crackers
- Yoghurt
- NO NUT PRODUCTS- due to children's allergic reactions

From time to time there may be a restriction on certain foods if a student is attending with a particular food allergy. We understand that some children are still acquiring a taste for fruit and vegetables. While these foods will still be offered, a healthy sandwich or plain unsalted crackers are suitable alternatives.

### Lunch Time

At Riverbanks College B-12 Preschool each child is required to bring their own lunch. Our Healthy Eating guidelines support families/carers in providing healthy lunches at RBC preschool. To promote independent self-help skills children are responsible for putting their lunch box in their lockers.

Ideas for lunch time include

- Pita bread filled with salad or vegetables and low salt lunch meats (e.g. ham, chicken, beef)
- Savoury sandwich/baguette/bagel
- Rice cakes with savoury filling
- Salad wrap
- Savoury rice
- Cold rolls
- Pasta salad
- Sushi
- Falafel and hummus
- Baked beans
- Tuna salad

- Home-made pizza
- Yoghurt
- Cheese sticks or cheese wedges with crackers

Families/carers must notify the preschool of any food allergies or intolerances on enrolment or as they occur. Families/carers need to ensure foods provided do not include NUT products.

### **Foods unsuitable for preschool**

**We will work to develop partnerships with our community to promote healthy eating and discourage:**

- Foods high in salt such as chips
- Foods high in sugar such as cakes, lollies, roll ups, soft drinks and biscuits
- Chocolate bars, chocolate custard, muesli bars or LCM bars
- Cordials, soft drinks and sweetened fruit juices

As part of our commitment toward healthy eating and sustainability we promote RBC preschool children and staff in bringing 'Nude Food' each day. Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging. The best type of nude food consists mainly of fresh food, so that is it healthy and nutritious PLUS environmentally friendly.

Please do not include chocolate, rollups, muesli bars, chips, pies, etc. This also includes home-made sweet foods (eg. Cupcakes, muffins, biscuits, donuts) Please ask RBC preschool staff if you are unsure.

Please note that due to food safety regulations we will not be able to heat or cook any foods for lunch. RBC preschool staff will discourage non-healthy food choices. Food will not be confiscated. RBC preschool children will be encouraged to eat other healthy alternatives that they have brought with them, or if life threatening (eg. a nut-based sandwich) they will be offered a plain sandwich.

### **Food safety**

Our preschool:

- Promotes and teaches food safety to RBC children during food learning/ cooking activities
- Encourages RBC preschool staff to access training as appropriate to the *Healthy Eating Guidelines*
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures
- Cooks healthy options and provides RBC preschool recipes for parents/carers' information.
- Ensures all children are appropriately supervised when participating in cooking experiences

### **Food-related health support planning**

Our preschool:

- Liaises with families/carers to ensure a suitable food supply for children with health support plans that are related to food issues.

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

Our preschool:

- Invites RBC preschool families/carers to be involved in the consultation process to review our Healthy Eating policy
- Liaise with families/carers to ensure a suitable food supply for RBC preschool children with health support plans that are related to food issues

- Invites health professionals to be involved in food and nutrition activities with RBC preschool children
- Provides information from health professionals to RBC preschool families and carers on the *Healthy Eating Guidelines* through a variety of media including:

- Newsletters
- Seesaw
- Policy development/review
- Information upon enrolment
- Pamphlet/Poster displays
- Website.

### References

Australian Guide to Healthy Eating

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

Education and Care Services National Regulations

Part 4.2 – Children’s Health and Safety

<https://www.legislation.nsw.gov.au/#/view/regulation/2011/653/chap4/part4.2>

Early Years Learning Framework (2009)

<https://www.acecqa.gov.au/nqf/national-law-regulations/approved-learning-frameworks>

Healthy Eating Guidelines for schools

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/schools/healthy+eating+guidelines+for+schools>

National Quality Standard 2.1 (2017)

<https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-2-childrens-health-and-safety>

Right Bite Food Supply Checklist

<https://edi.sa.edu.au/library/document-library/checklist/early-childhood-services/right-bite-food-supply-checklist.pdf>