

# Healthy Food & Nutrition Policy

## Rationale

The Centre promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DECD wellbeing strategy.

Early childhood is an important time for establishing lifelong, healthy eating habits that benefit 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.

## DOCUMENT CONTROL

<b>Managed by:</b> Director of Parafield Gardens Children's Centre	<b>Approved by:</b> Governing Council	
Community Development Coordinator of Parafield Gardens Children's Centre	<b>Date approved:</b> Sept 2012	
	<b>Review Date:</b> 27-Mar- 2015	
	<b>Next review:</b> Term 1 - 2017	

Ratified by Governing Council on September 2012

## 1.0 TITLE

Healthy Food & Nutrition Policy

## 2.0 PURPOSE

- ensure consistency with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating and in line with the Right Bite strategy
- incorporate healthy food choices that are inclusive of culturally sensitive.
- promote responsibility and decision making regarding healthy food choices.
- incorporate opportunities to prepare and cook healthy food
- provide and promote regular drinking of water and offer access to fresh, clean refrigerated water.
- incorporate eating at scheduled break times where food is consumed in a positive social environment.
- adults model healthy eating behaviours whilst engaged in programmes.
- provide the experience of growing, harvesting, preparing and consuming nutritious foods.
- promote the importance of a healthy breakfast and regular meals
- support breastfeeding
- provide information to support healthy eating.
- incorporate food safety throughout programmes
- provide opportunities to develop safe food handling skills.
- provide hand washing facilities for everyone
- promote correct hand washing procedures with children and adults discourage children from regularly accessing foods which may compromise their good health.
- (refer to list of foods attached which should be encouraged and discouraged for snacks and lunches).

## 3.0 SCOPE

### Working with families, health services & industry

- The Centre is an OPAL (Obesity Prevention and Lifestyle) Hub.

- parents and caregivers are key to the successful outcomes of the healthy food and nutrition policy of the Centre.
- Health professionals deliver programmes at the Centre and within the local community.
- There is a wide range of resources available to support Healthy Eating at the Centre – including Community Foodies.
- Fundraising will align with the *Right Bite* strategy.

#### 4.0 OBJECTIVES

Parafield Gardens Children’s Centre provides a safe supportive environment where adults support children through the provision of healthy food and drink and being positive role models.

#### 5.0 POLICY DETAILS

##### 5.1 Food Supply:

Food is supplied by families or caregivers on an everyday basis for snack and lunch. The Centre provides food when it is a part of the programme. Special events may include everyone bringing food to share.

##### 5.2 Snack Time:

Fresh fruits, vegetables, cheese. Drink - water

##### 5.3 Lunch Program

Sandwich/Wraps – fillings may include cheese, vegemite, meat, chicken, salad,  
 Sushi, Salads, Savoury Muffins –  
 Quiche, Frittata, Bhaji, Pakora, .....  
 Leftovers – rice, noodles, casserole.  
 Fruit, Yoghurt.  
 Drinks – water (supply available at Centre).

##### 5.4 Storage and Heating of Snacks and Lunches:

**Food** should be sent in storage containers that maintain food at the appropriate temperature (below 5 C degree or higher than 60 C degree) that is cooled or heated.

Please use ice packs to keep cold or a thermos to keep food hot.

The Centre does not have the capacity to refrigerate or heat individual lunches.

**Water** is encouraged at all times. Chilled and filtered water taps are available for children to access independently. Alternatively a named water bottle may be sent from home.

##### Baby Bottles

Children attending Occasional Care may have bottles stored and heated as required

## Breast Feeding

Breast feeding is supported within the Centre. Mothers may see staff regarding any supports required.

### 5.5 Special Events:

The Centre promotes **community celebrations** that incorporate the diversity of community including the sharing of traditional foods. On these occasions it is appropriate that general guidelines will be relaxed. However please see section of foods that may cause injury or death **and at no time** should these foods be brought to the Centre.

**5.6 Children's Birthdays** will be celebrated with a song, blowing out candles on a 'play' cake, and receiving a birthday sticker.

Families are requested not to provide additional food or treats. If you do not wish your child's birthday to be celebrated at the Centre please inform staff.

### 5.7 Food-related health support planning

Health Support Plans will be implemented with children who have additional needs relating to diet. Emergency and treatment - When a child has a serious **food allergy** (eg. nuts), an additional response plan will be put in place and will include communication of potential risk as appropriate.

**However ALL NUT PRODUCTS including Nutella are prohibited at the Centre.**

## 6.0 MONITORING, EVALUATION AND REVIEW

Oversight	:	Director of Children's Centre
Implementation	:	All programme Leader
Monitoring	:	Children's Centre Leadership Group

Supporting documents

**Right Bite Policy** from Department of Education and Child Development  
<http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbite/>

Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools

Policy Implementation – September 2012  
Policy ratified - November, 2012

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