



Peterborough Community Preschool  
and Rural Care Services

76-80 Victoria Street Peterborough SA 5422

Ph: (08) 8651 2550 Fax: (08) 8651 3456

[dl.6649.leaders@schools.sa.edu.au](mailto:dl.6649.leaders@schools.sa.edu.au)

# Food and Nutrition Policy

**Rationale:** We aim to ensure that snack time will provide positive learning experiences for children who will be encouraged to develop healthy lifelong eating habits of eating fruit and vegetables.

For children attending the Rural Care programme we believe that parents/guardians are responsible for providing meals and snacks for their children appropriate to the duration and times of care. Where inappropriate foods are sent, information will be provided to the families via pamphlets from the Child and Youth Health Service. Enrolment packages will contain lists of recommended foods for daily use that form the basis of a healthy diet for the child.

Staff at this Preschool and Rural Care Service aim to promote nutritional eating habits in a safe, supportive environment for all children attending this preschool. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

Short term: Maximises growth, development and activity whilst minimising illness.

Long term: Minimises the risk of diet related diseases later in life e.g heart disease, strokes, some cancers and diabetes.

Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

This food policy has been established after consultation with staff, parents, and a dietician from Port Pirie Regional Health Services.

## **Curriculum**

### **Our Preschool's and Rural Care Service food and nutrition curriculum:**

Is consistent with the *Australian 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 the curriculum where possible.

Is part of the Early Years Learning Framework and NQS.

### **The Learning environment**

#### **Children at our Preschool and Rural Care Service:**

Provide their own water bottle and we also have fresh, clean filtered tap water available at all times and encourage children to drink water regularly through the day.

Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

#### **Our Preschool and Rural Care Service:**

Understands and promotes the importance of breakfast for children.

Teaches the importance of healthy meals and snacks as part of the curriculum.

Is a breastfeeding friendly site.

### **Food supply**

#### **Our Preschool and Rural Care Service:**

*Has the following guidelines for families for food brought from home:*

#### **FRUIT TIME/SNACK TIME**

Parents and carers are asked to supply fruit and vegetables at fruit time to:

Provide children with important minerals and vitamins.

Encourage a taste for healthy foods.

Encourage chewing which promotes oral muscle development.

**Fresh fruits, vegetables or a slice of cheese are recommended for fruit time**

We understand that at times families may run out of fruit. A healthy sandwich with savoury filling or plain unsalted crackers (e.g Vita wheat) are most acceptable.

#### **FOODS UNSUITABLE FOR FRUIT TIME:**

include packaged foods, cakes, sweets. All nut produces.

Cordials and sweetened fruit juices are not recommended and discouraged.

#### **LUNCHTIME PROGRAM.**

For children who bring lunch to the Preschool or Rural Care Service.

The Healthy eating guidelines will still be in place.

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

A healthy lunch box might include a sandwich, fruit, yogurt, veggie sticks etc.

Please do not include chocolate, muesli bars, roll ups etc.

Please ask staff if you are unsure.

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 like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.

We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters.

### **Food safety**

#### **Our Preschool and Rural Care Service:**

Promotes and teaches food safety to children during food learning/ cooking activities.

Encourages staff to access training as appropriate to the *Healthy Eating Guidelines and in anaphylaxis*.

Provides adequate hand washing facilities for everyone.

Promotes and encourages correct hand washing procedures with children.

We cook healthy options, and provide parents with information and recipes.

Notes will be placed in children's lunch boxes if food sent does not meet our nutrition policy and if it continues they may be removed and replaced with a healthy snack.

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

#### **Our Preschool and Rural Care Service:**

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

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

The Peterborough Community Preschool and Rural Care Service support the interest of good health and the establishment of good eating patterns of children using our centre. We do this by:

- \* Strongly encouraging families to provide healthy snacks for their children e.g fresh fruit or dried, vegetables, dairy produce. This policy is emphasized upon enrolment with pamphlets and posters available for parent education and viewing.

- \* Incorporating education on food nutrition in the curriculum.

- \* Encouraging sharing, conversation, independence and enjoyable fruit experiences. This is done via the use of: cooking and making healthy snacks, the use

of puzzles, books, posters and home-corner play, planting vegetables and picking fruit from our fruit trees.

\* Parent/guardians of infants and toddlers, will be advised of their child's food intake each day. Parents/guardians of older children will be advised as appropriate. If a preschool child refuses to eat their food a note will be placed in the lunchbox advising parents of why the food has not been eaten.

**When preparing and serving food we will establish and maintain healthy and safe practices by planning activities which offer the children opportunities.**

\* To be involved in the routines and preparation of a variety of nutritious foods, including some from other cultures.

\* To wash hands before cooking and during cooking, if the children cough, sneeze or put their fingers in their mouths etc.

\* To participate in positive learning situations.

\* To taste a variety of foods.

\* To wash all fruit and vegetables before use.

Preschool children staying all day will need one snack and a healthy lunch, Rural Care children staying all day need two snacks and a healthy lunch.

**Staff also:**

\* Store all children's lunches in the fridge provided.

\* Provide children independent access to chilled and filtered drinking water at all times.

\* Take into account individual children's needs in the nutrition programme-allergies to specific foods/drinks be recorded and with easy access for staff referral.

\* Encourage parents to support our policy by sending home information on healthy eating.

\* Invite health professionals to visit the preschool thereby creating awareness of the importance of healthy food, and providing another role model for the children.

\* If the Preschool or Rural Care Service is informed of a child having an allergy (to nuts for example), a health plan will be required and if necessary all parents will be notified that the site is to become a (example nut) free site and this policy will be reviewed.

**References and useful websites:**

\* [www.health.sa.gov.au](http://www.health.sa.gov.au) Eat well guidelines

\* [www.cyh.com.au](http://www.cyh.com.au)

\* [www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au)

\* [www.childhood.org.au](http://www.childhood.org.au)

\* [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

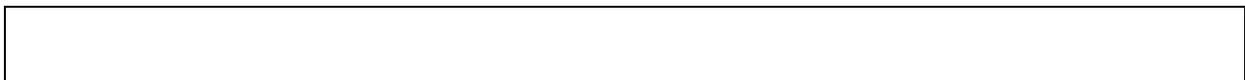
\* [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Legislation:**

\* Food Act 2001. (SA)

Education and Care Services National Law Act 2011

Education and Care Services Regulations 2011 (amended 2013)



\_\_\_\_\_  
Chairperson  
Governing Council  
20.....

\_\_\_\_\_  
Director  
Peterborough Community Preschool  
and Rural Care Service.

Adopted: August, 2010  
Review Date 20.....