

Right Bite Food Supply and Nutrition Policy

Healthy Food Supply and Nutrition Policy of Valley View Kindergarten

Rationale

This kindergarten 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 DECS wellbeing strategy.

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 kindergarten 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 that fit within the **Right Bite** strategy for their children at kindergarten.

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

Curriculum

Our kindergarten'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 the Early Years Learning Framework where possible, relating to OUTCOME 3 : CHILDREN HAVE A STRONG SENSE OF WELLBEING :, Children take increasing responsibility for their own health and physical wellbeing.

The Learning environment

Children at our kindergarten:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the kindergarten garden to learn about and experience growing, harvesting and preparing nutritious foods

Our kindergarten:

- 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 kindergarten:

- encourages healthy **food and drink choices** for children in line with the **Right Bite** strategy
- encourages food choices which are representative of the foods of the kindergarten community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for kindergarten **activities and events** in line with the **Right Bite** strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by staff within kindergarten time:

Fruit Time:

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

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy
- staff will ensure that food provided to children by the kindergarten is in line with the **Right Bite** strategy.



The poster is titled "right bite Food and Drink Spectrum" and features the Government of South Australia logo. It is divided into three horizontal color-coded sections: GREEN (top, light green), AMBER (middle, yellow), and RED (bottom, red). Each section lists food categories and provides specific guidelines for their use in schools and preschools.

right bite
Food and Drink Spectrum
Government of South Australia

GREEN *choose plenty*
Encourage and promote these foods and drinks. They:

- reflect the five food groups in the circle on the 'Australian Guide to Healthy Eating'
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).

AMBER *select carefully*
Do not let these foods and drinks dominate the choices and avoid large serving sizes. They:

- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).

RED *occasionally*
These foods and drinks are banned from sale in SA school canteens and preschools. Schools and preschools can provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories).

THE RED CATEGORY

The statement "I have read the Valley View Kindergarten Healthy and Safe Food Guidelines and agree to provide my child food with food/drink as stated within these," is an agreement that families sign on the Permissions form upon commencement. The table below clearly outlines "banned" foods as stated in this policy.

RED category foods and drinks are banned from sale in school canteens, vending machines and preschools at all times. However, some may be provided on a maximum of two occasions a term in certain situations, such as celebrations or events like fetes, in which the whole school community is involved. This ban does not include beverages which contain trace amounts of caffeine such a chocolate flavoured milk.

Food Type	Examples
The following foods and drinks are always in the RED category and do not need to be checked against the criteria.	
Drinks	Soft drinks, artificially sweetened soft drinks, sports drinks, flavoured mineral waters, sports waters and fruit drinks
Confectionery	Confectionery - all types
Drinks containing caffeine or guarana	Drinks containing caffeine, such as coffee milk, or guarana (a natural caffeine source) such as energy drinks
Icy poles and ice-crushes	All types unless 99% or more fruit juice and less than 250ml
Artificially sweetened food and drinks	All types
The following foods may be provided on a maximum of two occasions a term in certain situations such as the celebration or fetes in which the whole school community is involved.	
Deep fried foods	All types
Snack foods	Savoury snack foods - crisps, chips, biscuits and other similar products
Ice creams	All types
Cakes and slices	Cakes, muffins, sweet pastries and slices, croissants, doughnuts, cream filled buns/cakes, slices and bars. Medium to large serves of many cakes and muffins
Savoury pastries	Pies, pasties, sausage rolls
Other savoury hot and cold foods	Pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages

Food safety practices

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff
- stores the children's lunches brought from home in the 'lunch fridge.' Families are asked to mark their child's name clearly on the lunch box
- minimises health and safety risks (food poisoning and/or burns) to children by **not reheating** food brought from home.

Food-related health support planning

Our kindergarten liaises with families to ensure a suitable food supply for children with health support plans that are related to **food allergies**. We would appreciate that all families help us to keep these children safe by not sending foods that contain nuts, nut products or eggs as children who are allergic have the potential to react in a life threatening manner and it is our legal duty of care to ensure the safety of every child attending the centre. Please note that other foods may be added at any time depending on the known allergies of children attending this centre.

The following is a list of foods that are NOT TO BE SENT TO KINDERGARTEN:

- Nuts of any kind
- Nut spreads of any description including Nutella and Peanut Butter
- Muesli bars with ANY nuts or the "May contain traces of nuts warning"
- Eggs or egg products



Recycled boxes for pasting

To further support the children with allergies to be safe at kindergarten, please do not bring boxes that have had nuts, traces of nuts or egg cartons to kindergarten.

Children's Birthdays

Children love to celebrate their birthday and families frequently ask about bringing treats to kindergarten for their child to share. We suggest non-food items such as balloons or stickers.

Working with families, health services & industry

Our kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

The staff at Valley View Kindergarten thank you in advance for your support of this policy.

Approved at Governing Council Meeting : Oct 2021

Reviewed: Oct 2023