



## HEALTHY EATING & NUTRITION POLICY

### Background Information

Children's early years are an essential time to help them establish healthy eating habits and a positive attitude to healthy food. This sets the pattern for their adult eating behaviours, providing them with long term health benefits, and helps to maximise their growth. Coromandel Valley Kindergarten positively influences children's eating habits through healthy role modelling and helping children learn about healthy food and drink choices in a safe, supportive environment.

Coromandel Valley Kindergarten promotes, informs and guides parents to make healthy food choices for their children and families.

The food experiences staff provide for children will focus on enjoyment, participation and encouragement of positive healthy eating habits, in addition to learning through, with and about healthy eating.

### Implementation

#### Our Educational Program:

- Integrates nutrition education across the curriculum;
- 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;
- Teaches the importance of healthy food and snacks as part of the curriculum;
- Includes opportunities for children to develop practical food skills like growing, harvesting, preparing, cooking (where developmentally appropriate) and tasting healthy food;
- Supports children and families to learn about healthy and 'sometimes' foods, making healthy food choices, and the benefits of eating healthy food;
- Considers children's cultural and developmental differences in relation to food choices;
- Promotes healthy food and drink choices in accordance with the *Australian Guide to Healthy Eating*;
- Children are regularly encouraged by staff to drink water through the day and provided with fresh drinking water if they require;
- Provides behavioural rewards that are not related to food or drink;
- Provides learning opportunities to experience foods through sensory experiences;
- All new families are provided with healthy eating guidelines on enrolment to ensure any food supplied from home complies with the *Australian Guide to Healthy Eating*.



### Staff participation and support:

- Staff provide a positive, appropriate, supervised, social environment for eating.
- Staff support children to engage in fruit time and lunch routines.
- Staff encourage children to taste (try) a range of different healthy foods to help them develop their food knowledge and broaden their taste preferences.
- Staff role model a positive attitude and participation by eating healthy food and drinking water with the children.
- Staff provide learning experiences for children to identify their own bodily requirements for nutrition and water.

### Safe eating environments and equipment:

- Staff promote and teach basic food safety (e.g. correct hand washing procedures) to children during food learning activities and in relation to snack and meal time routines.

### Families and nutrition:

- Our Healthy Eating Policy and Healthy Food Recommendations are in accordance with the Australian Guide to Healthy Eating.
- Our policy is included in orientation information for all parents and caregivers so that they are aware of the importance of providing healthy foods and good nutrition for their children whilst at kindergarten.
- A supportive environment for breastfeeding is provided for staff and all mothers accessing our site.
- As part of the education program, staff communicate with parents and caregivers about healthy eating and attitudes in a variety of ways, including conversations, written information (e.g. pamphlets), photos of children, educational displays, and newsletter items.
- Nutrition information and promotional materials about healthy eating directed at parents are regularly displayed.
- Nutrition education resources are available for parents/caregivers to borrow or keep (e.g. pamphlets on fussy eating and snack ideas, educational books).
- Parents and caregivers are invited to be involved in the development and review of our Healthy Eating policy.
- All Kindergarten activities and events adhere to the site's Healthy Eating Policy, including fundraising events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps, and soft drinks.



### Staff orientation, training and resources:

- Our Healthy Eating policy and Healthy Food Recommendations are included in orientation information for all new staff and volunteers so that they are aware of the importance of good nutrition.
- Staff are encouraged to seek and participate in nutrition and related training opportunities (e.g. food safety) to continually update their skills and knowledge.
- Nutrition education resources are available for staff to use with children and parents.

This policy has been established after consultation with staff and parents.

### References:

- Australian Guide to Healthy Eating 2008
- Australian Dietary Guidelines
- Right bite Healthy Food and Drink supply strategy - DECD