



# LOCK AREA SCHOOL

WITH HEAD, HEART AND HAND

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Government  
of South Australia  
Department for Education

## Early Years Food and Nutrition Policy

Staff at Lock Area School in the Early Years Centre aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe that Early Childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children.

- 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**.

### Curriculum

Our Preschool's 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 National Quality Standards.

### The Learning Environment

Children of the Early Years Centre:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring their own, named drink bottle.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Our Early Years Centre

- Understands and promotes the importance of breakfast for children.
- Teach the importance of healthy meals and snacks as part of the curriculum.

### Food Supply

Our Early Years Centre has the follow guidelines for families for food brought from home:

#### FRUIT 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.

#### LUNCH

- 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, yoghurt, vegetable sticks, etc.
- Please ask staff if you are unsure.

#### **FOODS UNSUITABLE FOR FRUIT TIME OR LUNCH TIME INCLUDE:**

- ALL NUT PRODUCTS – (please note that this does not include foods that state ‘may contain traces of nuts’ as most foods now state this for food manufacturers to cover themselves). We may have children in our Early Years Centre who have Anaphylaxis which is a serious condition and can be fatal if the correct **prevention** and treatment of the allergy does not occur.

#### **PLEASE LIMIT THE FOLLOWING FOOD PRODUCTS:**

- **Muesli bars** – as they are extremely high in sugar and most contain nuts.
- **Cordials and sweetened fruit juices.**
- **Chocolate bars and rollups and other foods that are high in sugar**
- **Savoury snacks that are high in salt.**

Our centre will ensure a healthy food supply for Early Years activities, celebrations and events, strictly limiting availability of high fat, high sugar or processed food like chips, pastries, cakes, lollies and crisps 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.

#### **Children’s Birthday Celebrations**

Often staff are asked by parents if they are allowed to bring in a treat to give to children to celebrate their child’s birthday. It is preferred items are not brought in from home and instead, The Early Years Centre staff will ensure that every child has ‘Happy Birthday’ sung to them by all the staff and children.

#### **Food Safety**

Our Preschool:

- Promotes and teaches food safety to children during food learning / cooking activities.
- Encourages 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 with children.
- When cooking programs are in place, we will cook healthy options, and will inform parents through the entrance whiteboard as to ‘what we are cooking today’, for parent information.

#### **Food-Related Health Support Planning**

Our Preschool

- 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 and Industry our Preschool:

- Has invited parents and caregivers to be involved in the review of our Early Years Food and Nutrition policy.
- Invites Health professionals to be involved in food nutrition activities with the children.
- Provides information from Health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as newsletters, policy development/review, information on enrolment, pamphlet/poster displays, promoting the alignment of fundraising with the Australian Dietary Guidelines for Children and Adolescents in Australia.