



Healthy Nutrition Policy

AIMS:

- To promote a healthy, nutritious and varied eating environment.
- To provide a positive, safe eating environment.
- To teach children about food and nutrition in the curriculum.
- To communicate with families about the importance of good nutrition.
- To ensure parents are aware of food that is appropriate/not appropriate for young children.

PARENT INFORMATION

- Information disseminated to parents upon enrolment and at the Information Session. [Held on a date to be advised]
- The kindergarten program provides 2 fruit times. 1 at 10.00am and another at 2.00pm
- Parents are to supply
 - a snack of fresh fruit, fresh vegetables, dried fruit or cheese only for fruit time.
 - water in a named drink bottle which staff can refill with UV filtered rainwater.
- Fruit to be stored in a clearly named plastic container [1 piece for 1 session and 2 pieces for 2 sessions]
- Lunches should be nutritious, low in fats and sugars. Lollies, chocolates, rollups and ice creams are not considered healthy food for kindergarten.
- Lunches to be placed in the fridge. [All lunches need to be in a clearly named lunch box]
- Lunches can be ordered from the Primary School canteen. The Canteen list is considerably modified to meet the policy requirements.
- Staff will remove any inappropriate food or drink from lunch boxes. [This will be returned to parents at the end of the session with an accompanying note]
- Parents will be informed of the **Allergy Aware Procedure.**

THE EATING ENVIRONMENT

- The Kindergarten encourages lunches to be nutritionally balanced.
- Staff and children to be encouraged to wash their hands before eating.
- Fruit times and Lunchtimes should be a social occasion. Good eating and table manners will be encouraged.
- A staff member[s] will sit and participate with the Children to provide a good role model and encourage conversations.

This policy is to be reviewed as necessary.

Chairperson

Director

