FOOD, BEVERAGE AND NUTRITION POLICY

This policy has been developed using the following regulations and guidelines.
National Quality Standards - Area 2 - Children’s Health and Safety Element 2.2.1 pg.47
Regulation 78 - National Law section and National Regulation pg 48. (National Quality Standards)
Early Years Learning Framework: Outcome 3 - A Strong Sense of Wellbeing pg30 dot point 7.
Key Factor: To promote health, safety and wellbeing
National Quality Standards pg 66—How the service encourages families to provide food that is consistent with guidelines.
Australian Government Guidelines Get Up & Grow: Healthy eating and physical activity for early childhood
Dietary Guidelines for Children and Adolescents in Australia.
Healthy Eating Guidelines: Food Safety Section pg 21
Activities not covered by Legislation – Supplying food from home for snack and lunches.

Salisbury Heights Preschool promotes nutritional knowledge, healthy eating patterns and encourages families to provide nutritional snacks and lunches for their children.
Children with appropriate nutrition have improved cognitive development, attention span, work capacity and behaviour. Establishing healthy eating patterns in early childhood provides a critical foundation for good eating patterns throughout life benefiting many areas particularly the area of health. (Eat Well S.A.)

REQUIREMENTS:
- Fresh filtered water is supplied and children are encouraged to drink throughout the day. Children may bring their own water bottle.
- Snacks: We ask Parents to provide fruit, vegetables (crunch is good for jaw development and dental health,) yoghurt or cheese.
- Lunch: Keeping in line with nutritional food guidelines we recommend a healthy lunch box which may consist of a sandwich, salad, vegetables, fruit, yoghurt, cheese etc.
- Please refrain from sending foods that are high in sugar content.

ALLERGY WARNING!
Often we have children attending our centre with extreme NUT ALLERGIES. Therefore we have a NO Nut Tolerance and ask parents and caregivers to abide by this.
If there are any questions or information about your child’s dietary concerns please do not hesitate to talk to staff.
Related Policy: Anaphylaxis Management.

CURRICULUM:

Our Centre includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices. We provide opportunities for children to develop practical food skills, such as preparing and cooking healthy foods and provide regular routines for eating snacks and lunch. Clean covered tables are provided for eating snack and lunch. Children are encouraged to sit at a table whilst eating / drinking and to be social. All children and staff wash hands before and after handling food and eating.

Approved: 4-2-13. To be reviewed biennially.