

# Early Learning Centre

## Nutrition, Food and Beverages Policy



### **Rationale:**

Healthy nutritional habits are essential to the growth and development of children.

### **Aims:**

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the College and/or Centre are consistent with a healthy eating philosophy.
- To support children with food allergies and/or special dietary requirements.

### **Implementation:**

*Families provide food and drinks for their child/ren at our service. Each day families are required to provide nutritious food and water for their child/ren. As stated in the National Regulations (79 (4)) we recognise that these requirements do not apply to food or beverages provided by a parent or family member for consumption by their child at the service.*

*In order to achieve healthy eating habits the Approved Provider, Nominated Supervisor and staff will:*

- Ensure development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy, and is an essential component of the 'Eat Well SA Schools & Pre-schools' initiative.
- Involve the Centre in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local industry promotions.
- Ensure that a supply of safe drinking water is available at the College at all times.
- Model healthy eating habits.
- Supervise children when eating and encourage safe eating behaviours.
- Discuss food and nutrition with the children and incorporate nutritional information into our program including; allergies, different cultures, health and hygiene across the curriculum.
- Support children and their families with food allergies, intolerances, cultural preferences by meeting with them, discussing their needs and building a health plan.

- Ensure children have access to their own water bottles and lunchbox snacks throughout the day and allow these to be consumed when needed. However, lunch will be routinely eaten at the same time, altogether to encourage socialization and healthy eating habits.
- Disallow fundraising activities that are not focused on the promotion of healthy foods and do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Encourage families to provide food using the **Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood** as well as the **Dietary Guidelines for Children and Adolescents in Australia**.
- Provide information regarding healthy eating and nutrition to parents throughout the year, including the *Nutrition, Food and Beverages Policy* as well as our *Nut Aware Policy* at the time of enrolment.
- Inform the Principal of students who appear to have inadequate lunches.

#### **Relevant Legislation**

- Education and Care Services National Regulations 2011 (77, 78, 79, 80,162, 168)
- Children (Education and Care Services National Law Application) Act 2010

#### **Links to the National Quality Standard**

- 2.1 Each child's health is promoted.
- 2.1.1 Each child's health needs are supported.
- 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

#### **Resources**

- **Get up and Grow: Healthy Eating and Physical Activity for Early Childhood.**
- **Dietary Guidelines for Children and Adolescents in Australia.**
- **Australian Guide to Healthy Eating.**

#### **Evaluation:**

This policy will be reviewed each year.

**Created: 2015**

**Updated:**

**Next Review Date: 2016**