

## Healthy Food and Nutrition Policy

### RATIONALE

Wynn Vale Preschool promotes safe, healthy eating habits in line with DfE best practice and the following guidelines:

- ***Australian Dietary Guidelines***
- ***Get Up & Grow: Healthy Eating & Physical Activity for Early Childhood***
- ***ACECQA Policy Guidelines: Nutrition, Food and Beverages, Dietary Requirements***

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Educators model and encourage healthy eating behaviours
- Food and drink are consumed in a safe, supportive environment for all children
- Parents and caregivers are encouraged to supply healthy foods that fit within the ***Australian Dietary Guidelines*** for their children at preschool.

### CURRICULUM

Wynn Vale Preschool's food and nutrition curriculum:

- Is consistent with the *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 - Outcome 3: ***Children have a strong sense of wellbeing***
- Is part of the National Quality Framework - Quality Area 2: ***Children's Health and Safety***

### THE LEARNING ENVIRONMENT

***Children at Wynn Vale Preschool:***

- Are actively encouraged to drink water regularly throughout the day
- Eat routinely at scheduled break times
- Eat in a positive, social environment with educators who model healthy eating behaviours
- Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

***Wynn Vale Preschool:***

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

- Is allergy aware and has structures in place to accommodate individual children's food allergies and intolerances

## **FOOD SUPPLY**

Wynn Vale Preschool has the following guidelines for families for food brought from home:

### ➤ **Morning Snack Time:**

**Parents and carers are encouraged to supply fresh fruit and vegetables at morning snack time to:**

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development

### ➤ **Lunch Time:**

**Parents and carers are encouraged to supply healthy food options. Some suggestions are:**

- Sandwiches
- Wraps
- Salads
- Fruit and vegetables

### ➤ **Drinks:**

Children bring a drink bottle filled with water (no cordial, milk or juice – unless necessary due to health requirements) or they can bring a cup to use with the filtered water tap. Children can also refill their water bottles from the filtered water tap if they become empty. **Children are able to access drinks throughout the day.**

### ➤ **Further Considerations:**

- As lunches remain in the children's lunchboxes, we recommend that parents put an ice pack inside to keep the food cold until it is eaten at lunch time.
- Although we promote healthy eating practices to families, children are able to eat whatever food is provided by their families [We may suggest or recommend certain food items to families, depending on the health needs of the current cohort of students]
- If children bring food containing nuts, their families are informed about the risk to other children with severe nut allergies via a note or electronic message.
  - *If the child has an alternative food item, this will be substituted and the food containing nuts will be sent home uneaten.*
  - *If there is not an alternative food item the food containing nuts will be sent home uneaten and we will provide a substitute from our emergency supplies e.g. a piece of fruit or sandwich*

## **FOOD SAFETY**

### **Wynn Vale Preschool:**

- Promotes and teaches food safety to children as part of the curriculum
- Encourages staff to access training as appropriate to the *Australian Dietary Guidelines*
- Has an embedded routine of hand washing before and, if necessary after the consumption of food
- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff

## FOOD-RELATED HEALTH SUPPORT PLANNING

### **Wynn Vale Preschool:**

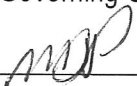
- Liaises with families to ensure suitable food safety for children with Health Support Plans / Safety & Risk Management Plans that are related to food allergies and intolerances
- Discreetly displays Health Support Plans / Action Plans, completed by a medical practitioner, for all children with significant food allergies and intolerances
- Provides information in advance about food related activities (such as cooking and celebrations) to parents where needed, enabling them the opportunity to provide a suitable alternative if required

## WORKING WITH FAMILIES, HEALTH SERVICES & INDUSTRY

### **Wynn Vale Preschool:**

- Provides information to families and caregivers about the *Australian Dietary Guidelines* through a variety of ways including:
  - Newsletters
  - Policy development / review
  - Information on enrolment
  - Pamphlet / poster displays
- Displays nutrition information and promotional materials about healthy eating, and provides information and updates in newsletters.
- Ensures a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies and crisps to no more than twice a term, in accordance with the Healthy Eating Guidelines.

Endorsed by Wynn Vale School Governing Council:

Chairperson Signature: \_\_\_\_\_ 

Date: 7.8.23

Date for review: **June / July 2025**

