



Date Adopted

October 2013

Review Date

October 2014

Relevant Legislation & Standards

Children (Education and Care Services National Law Application) Act 2010
Education and Care Services National regulations 2011: 77, 78, 79, 80
National Quality Standard: 2.2.1, 2.2.2

Aim / Policy Statement

Goulburn Pre-School is committed to supporting a healthy eating environment where the children are encouraged to make healthy food choices so they can thrive physically, socially and cognitively. In turn this will contribute to life long healthy lifestyle choices and assist in preventing nutrition related chronic diseases.

Goals

Goulburn Pre-School will:

- Role model healthy eating and activity throughout the day for all children and families;
- Promote the six key *Munch and Move* messages to promote healthy, active habits in children from a young age;
- Provide children the opportunity to engage in growing their own foods in the vegetable patch, cooking with these foods and eating these foods.
- Limit the occasions for 'sometimes foods' (birthdays and other celebrations or experiences);
- Support families in educating their children about healthy food choices.
- Make the *Food, Beverages and Dietary Requirements Policy* available to staff, educators, families and visitors to our Pre-School and welcome ongoing feedback.

Professional Development Opportunities

- Educators will be given the opportunity to attend the *Munch and Move* professional development and share this information as part of our team of educators and staff;
- Educators will have access to the *Munch and Move Resources Kit* and to the *Healthy Eating and Physical Activity Guidelines for Early Childhood Settings*;
- Safe food handling practices will be promoted and supported at Goulburn Pre-School.

The Approved Provider will:

- Ensure that children have access to safe drinking water at all times;
- Ensure that all children are offered food and beverages appropriate to their individual needs throughout the day;
- Support families in providing foods that are nutritious and adequate in quantity and reflect each child's individual dietary requirements;
- Ensure educators and staff are aware of the need to implement adequate health and hygiene practice and use safe practices for handling, preparing and storing food at Pre-School.

The Nominated Supervisor will ensure that:

- All children have access to drinking water at all times;
- Meal times are regular and reflect the needs of the children throughout the day;
- Families are supported to provide meals that are nutritious and adequate in quantity to meet each child's growth and development needs.
- The individual dietary needs of each child to reflect food intolerances or allergies, specific cultural, religious or health requirements are respected and supported;
- Educators and staff implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise the risk to all children;
- Ensure that dietary requirements relating to medical conditions are met;
- A notice displaying the enrolment of children at risk of anaphylactic reactions and support an allergen safe environment.

Educators and Staff will ensure that:

- Healthy eating is promoted through role modelling and eating with the children;
- Children are encouraged and supported to make healthy food choices;
- Meal times are relaxed, positive and social times that support an sense of belonging;
- Children are encouraged to try new foods and that their likes and dislikes are respected;
- They adhere to best practices around safe storage and heating of foods brought to Pre-School;
- Ensure that dietary requirements relating to medical conditions are met.

Supporting families:

- Goulburn Pre-School will provide families with up to date information on the dietary requirements of young children to ensure optimal growth and development;
- Families will be welcomed to provide feedback, information and participate in healthy eating based experiences;
- The staff and educators will provide families with feedback about their child's acting and fluid intake throughout the day by:
 - Sending home uneaten food;
 - Indicating refilled drink bottles with WATER;
 - Discussions with parents or lunch box note if appropriate.

Within the Program and Routine:

- Reflect learning experiences that are guided by the principles of the *Early Years Learning Framework for Australia*;
- Educators will provide opportunities for learning experiences that are fun, enjoyable and incorporate key messages around healthy eating that may include:
 - Cooking experiences
 - Planting and caring for the vegetable patch
 - Discovering where foods come from
 - Science and maths based experiences
 - Shared literature.....
- Educators will provide opportunities for learning experiences that are fun, enjoyable and incorporate skill development for physical activity.
- Educators will ensure there are time limits and appropriate opportunity for screen based activities with in the program (currently only iPads are available).

Special Events and Celebration

At Goulburn Pre-School we recognise food plays an important role in celebrations and special events. When planning for special events and celebrations, staff and educators will consider the following:

- the regularity of celebrations and special events;
- the amount of 'sometimes foods' offered at celebrations and special events;
- healthy food choices at celebratory or special events;
- inviting family participation at celebrations and special events.

Birthday cakes are brought to Pre-School by families to celebrate their child's birthday. Families are encouraged to provide small, plain cupcakes with enough for one per child only. Lolly bags will not be handed out at Pre-School.

Goulburn Pre-school offers an appropriate and well supported healthy eating environment that supports the healthy development of all children.

Resources
and
Attachments

- Munch and Move Program
- Get Up and Grow: Healthy Eating and Physical Activity Guidelines for Early Childhood Settings
- www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources