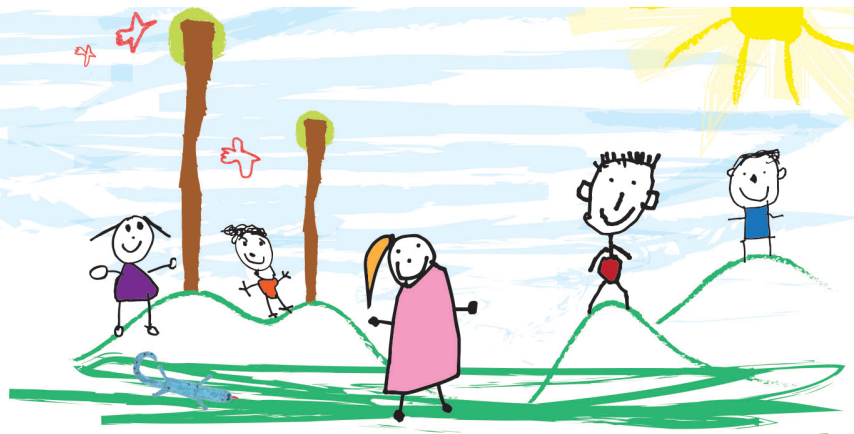




St James Park Kindergarten



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Healthy Food Policy

St James Park Kindergarten is committed to promoting and educating children and their families about healthy eating habits.

The importance of a good diet is of benefit to all and good nutrition plays an important role in the health and wellbeing of all children and their families.

We aim to promote healthy eating and the development of healthy eating habits now and for later life.

"Being overweight in childhood increases the risks for heart disease through raising blood pressure, blood cholesterol and blood sugar. Childhood obesity can also lead to low esteem, depression, orthopaedic complications, sleep problems and asthma" Every Child, Spring 2003.

To promote healthy eating and protect the children in our care educators, in consultation with the Governing Council have developed this **Healthy Food** policy for morning tea, shared fruit, lunchtime and afternoon tea.

The following items are recommended for shared fruit:

All fruits and vegetables, including dried fruits and vegetables. These will be cut and served to children on platters at approximately 10am on Mondays, Tuesdays, Wednesdays and Thursdays.

The following items are recommended for morning tea, lunch time and afternoon tea:

- sandwiches/wraps with a healthy filling
- cubed cheese
- cream cheese
- rice crackers
- salads (lettuce, tomato, cucumber, carrot, beetroot etc.)
- cold cuts of meat (ham, chicken etc.)
- yoghurts
- fruit
- dried fruit
- vegetables
- fruit or savoury muffins

Less desirable foods:

Roll-ups, chips, chocolate, lollies, muesli bars, cake.

Storing Food:

- Please ensure food is brought to kindy in 3 separate, reusable containers (please refer to Sustainability Policy)
- Food containers are placed in the coloured containers on the verandah near the children's lockers
- In warm weather the containers are moved indoors so they are out of direct sunlight
- Please bring food to kindergarten in cooler bags or in reusable containers containing an ice pack. This enables children to bring and consume perishable items such as yoghurt, cold meats, cheese, salads etc.

Drinks

Children are encouraged to bring along their own clearly labelled drink bottle and place it in the drinks trolley each morning when they arrive. This enables easier access for all children as the drink bottles can be moved close to where we are eating.

We request that children have water only in their drink bottles. Please do not send fruit juices or cordials as they are high in sugar and can also attract ants and wasps if they are spilled.

If children do not have their own water bottle they can access cups from the kitchen bench and pour their own drink from the water dispenser at any time.

Curriculum

As part of our role as educators staff **will** ensure children receive positive education through the play based curriculum about healthy lifestyles. This will include the importance of a healthy balanced diet and recognising that some foods are acceptable in moderation, e.g. on special occasions, such as birthdays and celebrations.

Children will wash hands before eating and cooking at kindergarten.

Birthday Celebrations

We acknowledge that birthdays are an important event in the lives of our children. At St James Park Kindergarten we will celebrate birthdays by singing 'Happy Birthday' to your child and asking if they would like to blow out the candles on our wooden birthday cake.

Cooking

As part of our kindergarten program, we quite often do cooking where everyone is encouraged to try the food we have made and share. This is a valuable experience for the children and involves much learning. Educators will endeavour to make our cooking experiences of a healthy nature and aim to provide foods that have good nutritional value. Whilst cooking and sharing/consuming food at kindy we will always refer to/and adhere to our allergy aware policy.

Children with Special Dietary Needs

If a child has special dietary needs staff will, with the family and medical practitioner develop an appropriate and specific eating plan.

Food Allergies

From time to time we have children who attend the centre that have severe food allergies. These foods generally include **nuts, dairy, seafood and egg**. For these children coming into contact with (or in the vicinity of) these foods can cause a life threatening situation.

Staff will inform families when we have a child with food allergies attending the centre and the foods that they are allergic to.

Please ensure you inform kindergarten staff if your child has any allergies.

Revised 19/6/2018