



St James Park Kindergarten



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Healthy Food Supply and Nutrition Policy

National Quality Standard Area 2: Children's Health and Safety

Purpose

Children have the right to experience quality education and care in an environment that safeguards and promotes their health, safety, and wellbeing.

Department for Education preschools and children's centres support healthy choices by promoting healthy eating and physical activity. A strong sense of health and wellbeing supported by good nutrition and an active lifestyle provides children with confidence, energy, and optimism that contribute to their ability to learn.

Our Healthy Food Supply and Nutrition Policy aims to:

- Provide a consistent approach to the management of food handling, dietary requirements, special occasions and cultural considerations
- Ensure the health and safety of all children, especially those with severe, rapid, and life threatening (anaphylactic) responses to food allergens
- Provide children with an education around healthy food choices that allows them to grow into happy, healthy people.

Practices

Allergen Awareness

It is a requirement that all food provided for your child does not contain nuts (including peanut butter, Nutella etc.) At times, there are children enrolled who have an anaphylactic allergy to nuts in particular. This means there can be serious and even fatal consequences for these children if they come into contact with these ingredients. Parents and caregivers are asked to provide lunchbox foods that do not contain nuts. Products containing 'traces of nuts', which are found on most packaged foods, are generally fine unless there is a child with specific allergy to traces as well. In this case, notes will be sent out to parents reminding them of the more stringent requirements

Eating at Kindy

Children bring their own morning tea, lunch and afternoon tea to kindergarten. The following items are recommended: sandwiches/wraps with a healthy filling, raw fruit/veg, dried fruit, yoghurt, rice crackers, dips.

Specific Dietary Requirements

We liaise with families to ensure a suitable food supply for children with health support plans related to food issues (e.g., allergies, dietary requirements, diabetes, cultural, and religious etc.). Please speak to staff regarding your child's individual needs.

Shared Fruit

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 10:30am on Mondays and Wednesdays.

Celebrating Birthdays

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. If a child would like to bring in something special to share with other children, we encourage non edible treats such as stickers or bubbles. Otherwise, edible treats must be individually packaged and handed out at the end of the kindy day for each child's parents to manage.

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 veranda 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 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

Responsibilities

Staff

- Will encourage children to wash their hands prior to handling any food
- Will encourage children to be independent in managing their own food and feeding themselves
- Will encourage children to sit down whilst eating in the designated areas
- Will supervise children while they are eating
- Will encourage children to dispose of their own food scraps in the appropriate buckets for recycling and composting

Parents

- Will be made aware of this policy upon enrolment of their child at the centre
- Will be encouraged to support this policy and where difficulties arise in the provision of suitable foods, parents will be consulted

*This policy applies to all centre activities and events, on and off site.

Supporting Information and References

- > Element 2.2.3: Healthy Lifestyle (ACECQA) | [Element 2.1.3: Healthy lifestyle | ACECQA](#)
- > Australian Dietary Guidelines | <https://www.nhmrc.gov.au/adg>
- > SA Right Bite Food and Drink Supply Standards | [SA Right Bite Food and Drink Supply Standards - Healthy Kids \(healthy-kids.com.au\)](#)

This Food Supply and Nutrition Policy will be reviewed regularly (annually) to ensure the policy remains current and relevant. Updated and approved by Governing Council 25/06/2024