



# Nutrition, Food and Beverages, Dietary Requirements Policy

## National Quality Standard 2.1.3

### Regulation 168 (2) (a) (i)

### Related Key Regulations: 77, 78, 79, 80

Note: Regulation 79 and 80 do not apply to food and beverages provided by a parent or brought from home.

## Rationale

In The Nest we believe that all children have the right to develop to their full potential in an environment which provides for their health and wellbeing. Good nutrition is essential to healthy living and enables children to be active participants in play and leisure. Early childhood is an important time for establishing lifelong, healthy eating habits that benefit 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 that contributes to good health and wellbeing which is vital for positive engagement in learning activities.

The Nest promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools**, and relates to the Department for Education Wellbeing Strategy.

### 1. TITLE

The Nest Healthy Nutrition, Food and Beverages, Dietary Requirements Policy

### 2. PURPOSE

The Healthy Food and Nutrition Policy will guide The Nest to:

- provide an environment that promotes healthy food and drink choices for children
- enable children to have access to healthy foods and water throughout the day
- teach children about healthy food choices, safe food preparation and hygienic practices.

### 3. SCOPE

The Nest Healthy Food and Nutrition Policy is in line with the Department for Education Right Bite Strategy and will ensure consistency with the Dietary Guidelines for Children and Adolescents in Australia, the Australian Guide to Healthy Eating, and is part of the Early Years Learning Framework and National Quality Standards. The Nest will work with parents, caregivers, health services and industry to deliver programmes at the site and within the local community to provide information and resources to support healthy eating for children attending The Nest.

### 4. OBJECTIVES

The Nest will work with staff, parents and children to:

- incorporate healthy food choices that are inclusive and culturally sensitive
- promote responsibility and decision making regarding healthy food choices
- incorporate opportunities to prepare and cook healthy food
- provide and promote regular drinking of water
- incorporate eating at scheduled times where food is consumed in a positive social environment
- provide the experience of growing, harvesting, preparing and consuming nutritious foods
- provide information to support healthy eating
- incorporate food safety throughout programmes
- provide opportunities to develop safe food handling skills
- promote correct hand washing procedures with children and adults

## **5. POLICY DETAILS**

### **5.1 FOOD SUPPLY**

Parents and caregivers are asked to provide healthy food every day for their children to eat at pre/school during eating times. The Nest can provide food when it is a part of the learning program or if a child does not have adequate or appropriate food. Families may also be invited to bring food to share at special events (refer to Special Events information)

### **5.2 EATING TIMES**

Children are encouraged to sit and eat together for morning snack and lunch every day as part of the daily routine to create a positive, social environment. At these times children are asked to wash their hands and sit down with other children and educators when eating.

Information is given to families upon enrolment and orientation about appropriate food for pre/school. Families are encouraged to pack fruit, vegetables, sandwiches, wraps, cheese, yogurt, rice or noodles. If a child is hungry outside of routine eating times they are able to eat food supplied from home or can be given a piece of fruit by staff. Parents are asked to not include chocolate and other processed foods containing high amounts of sugar (e.g. donuts, lollies).

### **5.3 DRINKING**

All children are encouraged to drink water throughout the day. Parents and caregivers are asked to ensure that their child brings a water bottle each day. If a child does not have a water bottle, cups of water are provided. Children can refill their water bottles throughout the day. Other drinks including juice, soft drink and flavoured milk are not encouraged at pre/school.

### **5.4 SPECIAL EVENTS**

Throughout the year The Nest may hold special events to celebrate significant and/or cultural days. The diversity of the Alberton school community will result in the provision and sharing of a wide range of traditional foods. Exemptions are made in relation to the Right Bite Healthy Eating Guidelines at these special events. However, all restricted foods such as nuts and nut products will still be prohibited.

### **5.5 BIRTHDAY CELEBRATIONS**

Children's birthdays will be celebrated in The Nest with a song and individual recognition. Parents and caregivers are asked to not provide cake or food treats at pre/school.

### **5.6 SUPPORT PLANS - FOOD RELATED**

Health support plans will be implemented with children who have specific needs relating to their dietary requirements.

**NOTE - ALL NUTS AND NUT PRODUCTS ARE PROHIBITED AT ALL TIMES AT THE NEST.**

### **5.7 COOKING**

The Nest program includes opportunities for children to be involved in the preparation and eating of food. Consideration is given to individual and cultural needs when deciding upon these experiences. Children are explicitly taught safe food handling processes and hygienic practices.

## **6. MONITORING, EVALUATION AND REVIEW**

**Implementation:** All Educators

**Monitoring:** Dan Jarrad, Principal

**Policy Reviewed:** July 2021

This policy will be shared with all new staff and families and is available on the website and in The Nest Policies Folder. Children and their families will be involved in discussions about appropriate the healthy food and nutrition.

### **Supporting Documents:**

- **Right Bite Policy** from Department for Education <https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>
- Easy Guide to Health Food and Drink Supply for S.A. Schools and Preschools