

HEALTHY FOOD POLICY

Elizabeth East Kindergarten endorses a healthy food policy for snack times and for children who use the full day service, staying for lunch and the following afternoon session.

We acknowledge as a staff that a diet rich in fruit and vegetable is beneficial to health, reducing the risk of disease and increasing children's opportunities to attend to learning. Schools and preschools are responsible for children's learning regarding food and nutrition as part of the South Australian Curriculum, Standards and Accountability Framework. Whilst at preschool learners should eat routinely at scheduled break times, incorporating a healthy snack. The preschool will also support frequent drinking of fresh, clean tap water.

All food and drink should comply with the *Dietary guidelines for children and adolescents in Australia*.

Staff will model good dietary behaviours at snack time by consuming food from the five food groups, particularly fresh fruit and vegetables. Water will be the drink of choice.

All children are required to participate in eating a healthy snack from one of the five food groups at snack time. A refrigerator is provided for perishable foods such as dairy and meat based products and will be readily accessible for parents and staff. Fresh clean water is the fluid of choice and provided readily for children to access independently.

Snacks and drinks that do not meet the recommended guidelines will be returned to the child's kindy bag with a note reminding parents of the need for a healthy snack. Continued supply of inappropriate snacks and drinks will necessitate an informal verbal reminder by the director to the parent/caregiver and a reminder to the child.

For children accessing full day care, we ask that parents place ONLY LUNCH FOOD (clearly labelled) in the basket located on the kitchen bench, all remaining snack food to stay in child's kindy bag

Thank you