



FOOD AND NUTRITION Policy and Procedure

Good nutrition is of vital importance to young children as it helps them to grow, develop and maintain healthy bodies. Children's Centres can contribute to the development of good eating habits by providing a variety of foods for children to taste and enjoy. The Dietary Guidelines for Children and Adolescents recommend that children eat a wide variety of nutritious foods, and that care is taken with children's food so that it is safe and hygienic.

John Hartley School B-6 Children's Centre is committed to providing food and nutrition policies that provides food and drink that is safe, varied, nutritious and culturally diverse.

At John Hartley School B-6 Children's Centre we promote healthy eating and embed this in the curriculum to support children with knowledge, attitudes and skills to make positive healthy food choices. We respect and celebrate cultural diversity. Children learn about diet firstly in families. Children bring their lunches to preschool from home. We encourage families to follow the Australian Guide to Healthy Eating. Group learning opportunities about diet and nutrition for children is offered regularly. The message for the adults packing children's lunch boxes is:

Smaller amounts of nutritious food provide more energy than lots of processed food.

We are a **NUT AWARE** centre and require that food brought in does not contain nuts.

LEARNING ENVIRONMENT

At preschool children always have access to clean tap water and are encouraged to bring their own named bottle. Children have access to cups if they are unable to bring a drink bottle.

At preschool children eat in a positive social environment with staff who model healthy eating and hygiene practices.

Tables are set up in the morning for children to eat at, with educators being there to supervise and to engage in meaningful conversation.

There are healthy eating and drinking posters placed in our eating area for children to engage in conversations with educators about healthy eating and nutrition.

All staff and children know about and follow hand washing guidelines, and there are posters in all bathrooms to remind educators and children of this procedure.

During snack and lunch times children will be supervised and designated areas will be provided for children to be seated whilst eating.

CURRICULUM

- Families are encouraged to provide healthy food for children, however staff WILL NOT take food from children's lunchboxes



- Our preschool provides a health food supply for preschool activities, limiting availability of high fat, high sugar or processed food.
- Children sort their rubbish in the appropriate bins alongside educators, and in alignment with the visuals provided
- Children help educators to take our food scraps into our large compost bin
- Families are supplied with a healthy food choice list at enrolment
- Families are encouraged to place an ice pack in their children's lunch boxes
- Nutrition activities are included within the planned curriculum and in spontaneous experiences
- Food related activities are sourced from a variety of cultures
- Eating times are treated as an opportunity for social learning
- Children are provided with practical food preparation experiences, e.g., buttering bread and chopping vegetables, from time to time
- Food safety and handling is discussed with children
- Gardening activities and positive food related experiences including books, songs and stories will regularly be included in the curriculum.
- We encourage children to eat fruit in the morning during our eating time to promote fuelling our bodies with healthy foods for playing during the day. This is done as they eat from their own lunch box, but we also provide a fruit box with fruit and vegetables that is provided by the families for sharing.

OTHER DIETARY CONSIDERATIONS

Special diets

Information will initially be taken from the information provided on the enrolment forms and also from conversations with families.

BREAST and BOTTLE FEEDING

Breast milk provides all the nutrition a baby needs for their first 6 months. John Hartley Children's Centre is committed to supporting mothers who breast feed. We will provide a comfortable and pleasant place for breast-feeding in the Children's Centre.

CREATED: 2013 (Version 5)
TO BE REVIEWED:

This policy should not be read in isolation – it complements the DfE Food and Nutrition policy and is in alignment with

[Nutrition and dietary requirements in preschool](#) (DfE)
[Rite Bite](#) (DfE)