



Nutrition/Food Beverages/Dietary Requirements

Policy Statement

Castle Hill Pre-School Kindergarten Inc. recognises that a well-balanced diet is a vital part of child development and is important for maximising a child's capacity to learn.

We foster healthy eating and encourage children to make healthier food choices.

Goals - What are we going to do?

Castle Hill Pre-School Kindergarten Inc. will:

- Role model healthy eating and activity throughout the day to all children and families;
- Promote the six key *Munch and Move* messages to promote healthy, active habits in children from a young age; and
- Support families in educating their children about healthy food choices.

Strategies - How will it be done?

Professional development of staff and educators

- All educators will attend *Munch and Move* professional development training or receive similar training and information;
- All educators will have access to the *Munch and Move Resource Folder*;

Provision of food and drinks at the service

Castle Hill Pre-School Kindergarten Inc. will:

- Ensure that all children have access to safe drinking water at all times;
- Water is the only acceptable drink at preschool
- Ensure families provide food appropriate to the needs of each child at morning tea and lunch;
- Ensure that educators and staff are aware of the need to implement adequate health and hygiene practices and use safe practices for handling, preparing and storing food to minimise risks to children.

Educators will ensure that:

- Healthy eating is promoted through role modelling and eating with the children;
- Children are encouraged to make healthy food choices;
- All mealtimes are positive, relaxed and social;
- Children are encouraged to try new foods, and their food likes and dislikes are respected;
- Children are positively involved in mealtimes;
- If required, morning tea can be refrigerated;



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- All lunches are refrigerated; and
- No food will be heated in the microwave.
- Parents are informed of requirements for food provision and provided with suggestions as to healthy food options in the parent handbook;
- Suggestions for healthy food options are also provided for parents in newsletters throughout the year; and
- Posters relating to food, nutrition and healthy eating are displayed throughout the Centre.

Support

Families are:

- Required to provide their children with a nutritious, appetising and varied morning tea and lunch, adequate in quantity and appropriate.
- Required to advise staff if their child has any special dietary needs or if their culture or religion has any special requirements.

Educators will:

- Send home all uneaten food in the child's lunchbox and notify the family;
- Inform the family of any changes in the child's "normal" food consumption;
- Shall send home any inappropriate foods such as lollies, chocolates, chips, sweet biscuits, cakes (except birthdays) and discuss the food choices with the family;
- Inform families of requirements for food provision and provided with suggestions as to healthy food options in the parent handbook;
- Provide suggestions for healthy food options via the Newsletters; and
- Posters relating to food, nutrition and healthy eating are displayed throughout the Centre.

Education and information

- Educators will engage children in learning experiences that are fun and enjoyable and incorporate key messages around healthy eating.

Policy availability

This nutrition/food/beverages policy will be readily accessible to all staff, families and visitors, and ongoing feedback on this policy will be invited.

Review

Management and staff will monitor and review the effectiveness of the nutrition/food/beverages policy regularly. Updated information will be incorporated as needed.