



Swallowcliffe P-7

We value **Honesty, Respect, Achievement**

SWALLOWCLIFFE PRESCHOOL Healthy Food Policy

Rationale:

Healthy eating and drinking plenty of water helps children to maximize their learning; for example increase of on task behaviour and levels of concentration. It also encourages children to develop healthy habits from a very young age. Swallowcliffe PreSchool aims to support children to develop healthy eating habits in a safe and supportive environment. Healthy eating will benefit the children by:

- Maximizing growth and development and activity whilst minimizing illness
- Minimizing the risk of diet related diseases later in life eg heart disease, diabetes

Curriculum:

Our PreSchool food and nutrition curriculum is consistent with the Early Years Learning Framework, National Quality Standard and Eat Well SA Food and Drink Supply Strategy for SA Schools and PreSchools, launched in 2004. We include;

- Activities that provide children with knowledge and positive attitudes concerning their decisions, to choose healthy food choices.
- Opportunities for children to develop a healthy relationship with food and food preparation skills through our Kids in the Kitchen cooking program and Eat a Rainbow Program.
- Knowledge regarding nutrition that is integrated across all the curriculum areas where possible.

The Learning Environment:

Children at our PreSchool:

- Have clean, fresh water available at all times and are encouraged to drink water regularly throughout the day.
- Are encouraged to try new foods through our cooking program and eat a rainbow program
- Bring in a labelled drinking bottle with fresh water only.
- Have a period of time to sit and eat.
- Eat in a positive, social environment with staff who model healthy eating.

Our PreSchool:

- Understands and promotes the importance of breakfast for children, offering a daily breakfast program and fresh fruit throughout the day.
- Teaches the importance of healthy meals and snacks as part of the curriculum.
- Teaches the importance of drinking water regularly.
- Teaches the importance of the difference between healthy and unhealthy foods.
- Grows fresh produce on site such as fruit and vegetables.
- Is a breastfeeding friendly site.

Our Mission: To empower students to recognise and optimise their full learning potential.



Government of South Australia
Department for Education and
Child Development

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Rationale:

Food Supply

Our PreSchool:

- Families are asked to supply fruit or vegetables daily. Fresh fruits, vegetables or a slice of cheese are recommended for snack time.
- Families are asked to provide a healthy packed lunch. We encourage families not to bring pre-packaged or processed foods.
- Children who bring foods, which are high in sugar, fat, food colouring and preservatives, may be asked to take them home and alternative healthy foods may be provided for that day. Families may receive a friendly reminder if this occurs.
- Staff are unable to reheat children's food due to health and safety regulations.
- Cooking in the PreSchool will follow the "Right Bite, Easy guide to Healthy Food and Drink Supply" with 1 red occasion a term.
- Families are supported to provide healthy options through our Harvest Table- with fresh produce and everyday basics such as bread, milk etc. provided weekly.

This is to

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods
- Encourage chewing which promotes oral muscle development
- Sets children up for a lifelong healthy eating pattern
- Support children to develop healthy habits at home and preschool.

Promotion:

The policy will be promoted by:

- Families being informed via the newsletter, Class Dojo and other correspondence.
- A copy given to families who request it.
- New families to the centre begin informed via the Enrolment Information package.
- Staff being informed and provided with training opportunities.
- Students being informed via teachers.

Endorsed by Governing Council

Reviewed May 2023

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