

Healthy Food Supply and Nutrition Policy

Plus information about our daily routine and practices

Lunch and Fruit Times

At Glandore Community Kindergarten we are passionate about providing an environment that supports and encourages healthy eating for happy, healthy bodies and minds. Don't forget that a good breakfast is the best start for children each day.

We have two main eating times, a morning fruit and vegetable time (fruit or veggies are stored in your child's bag in an outside locker) and lunch. In addition as part of our educational program we may offer afternoon snacks or cooking/food preparation experiences (with ingredients provided by the kindergarten). The kindergarten (in accordance with the Australian Dietary Guidelines) may provide additional fruit and vegetable snacks where children are hungry. Lunches (provided by families) should be packed in the lunchbox (supplied by the kindy). Upon arrival these need to be placed in the black trolley. They will be placed in the children's fridge (located just inside the storeroom opposite the kitchen) by staff. It is important to name all lunch boxes, drink bottles and inner containers. Please note we cannot heat/warm food in our microwave because this does not meet the food safety standards advice.

Ideas for your child's morning snack and lunch box could include:

- ☑ Fruit and vegetables for vitamins, minerals and fibre eg. carrot sticks, cherry tomatoes, apples, pear, strawberries, bananas & other seasonal fruit.
- ☑ Breads and cereals for body and brain energy and to help fill hungry tummies eg. wholegrain sandwiches, rolls and wraps, pikelets, naan, roti, fruit breads, wholegrain plain savoury biscuits, rice, pasta.
- ☑ Meat and other protein foods for strong muscles eg. lean meat in wholegrain sandwiches or salads, pastas.
- ☑ Dairy and high calcium foods for strong bones eg. cheese slices, cheese in sandwiches, yoghurt with chopped fruit, toasted tofu and hummus.
- ☑ High fibre foods are good for supporting happy, healthy and regular digestive systems. Try to include plenty of high fibre foods everyday eg. wholegrain/wholemeal bread or wraps, fruits and vegetables (skin on where possible), grains such as rice, pasta and noodles (try brown or whole grain varieties), and beans and lentils.

Staff promote and model safe and healthy practices around eating times. Children are supervised while they eat. The educators will encourage children to eat sandwiches before treats for example. Please talk to your child's focus teacher if you wish to share information about your child's dietary needs.

All children are encouraged or advised

- ☑ to wash their hands prior to handling any food : Covid safe thorough hand washing is an embedded part of our daily routine.
- ☑ to be independent in managing their own food
- ☑ to sit down whilst eating in the designated areas
- ☑ to eat the food that you provide **but we will not insist that children eat everything** unless you make arrangements with your child's focus teacher. Lunchtime is an important learning time that should not be stressful or take too long. However we reserve enough time (minimum) to ensure that children do not feel 'pressured' to eat fast or to stop eating their lunch if they are feeling that they might miss out.
- ☑ to drink water from their water bottle or access water from the water dispenser and cups set up on our veranda. We introduce the DO I NEED A DRINK? chart so the children become aware of the link between the colour of their urine and their hydration levels.
- ☑ to dispose of their own food scraps in the appropriate buckets for composting.
- ☑ to enjoy the social aspects of having lunch with their peers.
- ☑ contribute to lunchtime discussions when they are participating in the smaller TALKING LUNCH GROUPS that we hold regularly.
- ☑ To not share their own food. We respect and value the diverse cultural and/or choices that families make inclusive of vegetarian or vegan dietary needs and ensure that the children themselves learn about one another.

We are not able to reheat food brought from home. Food brought from home needs to be stored in our fridge as we adhere to the SA Food handling and storage regulations. However food can be brought to kindy and kept warm in a proper insulated thermos container if you wish. We place these in fridge also. These food thermos style containers are available at Big W and

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Kmart. Food-poisoning bacteria grow and multiply fastest in the temperature danger zone between 5 °C and 60 °C. It is important to keep high-risk food out of this temperature zone.

Glandore Kindergarten is a **NUT AWARE kindergarten** and will have children attending over time that have severe allergies to nuts, legumes and nut/legume products. To ensure that these children are not at risk please be diligent in ensuring that nuts and nut products such as peanut butter or Nutella (which contains hazelnuts) are **not** brought into the kindergarten. In addition we may have children attending our centre who are severely allergic to other foods or materials. Eggs and seafood are further examples of allergens which may trigger anaphylactic reactions. Additional information will be provided to keep families informed of the current health needs of children. This may affect what can be included in lunches.

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

https://www.education.sa.gov.au/sites/g/files/net691/f/right_bite_manual_colour.pdf

<https://www.allergy.org.au/patients/fast-facts>

Quality Framework for Australia: Standard 2.1 Health


How Standard 2.1 contributes to quality education and care -

Children's health and physical wellbeing contributes to their ability to concentrate, cooperate and learn (*Early Years Learning Framework*, p. 30; *Framework for School Age Care*, p. 29). Being active, healthy, well rested and free of illness assists children to participate happily and successfully in the learning environment. It is also important that children are supported to take increasing responsibility for their own health and physical wellbeing (*Early Years Learning Framework*, p. 32; *Framework for School Age Care*, p. 31).

Children's health requirements can change over time as they grow and develop. Working together with families and, where relevant, health care professionals, our service will support all aspects of children's health.

We will do this by

- being aware of and meeting each child's physical health and comfort requirements
- encouraging physical activity
- supporting children's wellbeing by providing opportunities for children's sleep, rest and/or relaxation
- implementing effective hygiene practices to control the spread of infectious diseases
- managing injuries and illnesses
- meeting children's nutritional needs
- teaching children that healthy lifestyles underpin everyday routines and experiences.



Once a term we may make discretionary choices. An example of this is where we enjoy a plain ice block on a very hot day. We always check with families when children have listed allergies or where there are other considerations.



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