

HEALTHY FOOD SUPPLY AND NUTRITION POLICY

Bishop Kindergarten is committed to promoting healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools**, and relates to the Department for Education and Child Development wellbeing strategy.

Children will:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing and harvesting nutritious foods

Parents and carers will:

- be encouraged to provide healthy food and drink choices for children in line with the **Right Bite** strategy

Staff will:

- promote and teach food safety to children as part of the curriculum
- promote and encourage correct hand washing procedures with children

Notes:

1. If a child has a serious **food allergy** (e.g. nuts), a separate policy for the duration of that child's involvement at Bishop Kindergarten will be developed and communicated to parents and staff.
2. Staff are unable to **HEAT** any foods. This is for your child's safety as we need to ensure the staff/child ratio is maintained at all times, and foods cannot be heated correctly to meet food safety standards.

HEALTHY EATING ROUTINES

1. All food and drink is kept in children's bags with an ice-brick in their lunchbox.
2. Children may eat their snacks between 8.45am - 10.30am at the table in the kitchen or on the verandah after washing their hands.
3. Children eat lunch at an allocated table supervised by a staff member after washing their hands.
4. Lunch time is a part of the face to face teaching time so is an opportunity to engage in intentional teaching.