



## BISHOP KINDERGARTEN

### Quality Area 2: Children's Health and Safety

#### Policy 1: Healthy Food Supply & Nutrition

Bishop Kindergarten is committed to promoting healthy eating habits in line with the *Right Bite Healthy Food Supply and Nutrition Policy for Preschools* and *Eat Well SA Schools and Preschools- Healthy Eating Guidelines*

##### Children will:

- have access to tap water available at all times and be encouraged to drink water regularly throughout the day
- 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
- learn to make healthy choices independently

##### Families will:

- be encouraged to provide healthy food and drink choices for children in line with the *Right Bite Policy*
- be encouraged to provide 'nude food' (reusable containers/wraps) to model sustainable environmental practices
- provide a drink bottle and ice brick in their child's lunchbox throughout the year

##### Staff will:

- promote and teach food safety curriculum including opportunities for children to develop practical food skills like preparing and cooking healthy food.
- promote and encourage correct hand washing procedures with children
- ensure healthy eating is part of the kindy program which includes experiences that provide knowledge, attitudes and skills to make positive healthy food choices

#### HEALTHY EATING ROUTINES

- All food and drink are kept in children's bags with an ice-brick in their lunchbox.
- Children may eat their snacks during play times after washing their hands.
- Children eat lunch together after washing their hands. During lunch staff are intentional about teaching the benefits of life style choices

#### ANAPHYLAXIS

- Children's food allergies are displayed for all staff to familiarise themselves with.
- General information about current food allergies is displayed for parents
- All new staff are inducted comprehensively to ensure they are aware of food, first aid and emergency procedures
- Vigilant supervision during eating times
- Staff to monitor resources for possible allergens

##### Notes:

- 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.
- Staff are unable to **HEAT** children's food to meet food safety standards.

This policy has been established after consultation with staff and parents within the Bishop Kindergarten community.

*Reviewed and Endorsed by staff and Governing Council: June 2020*

*To be Reviewed: June 2021*