

Policy

Healthy Food Supply and Nutrition

Please note, this policy must be read in conjunction with other relevant policy and procedural information provided on the approved provider's website including: [Nutrition and dietary requirements in preschool \(edi.sa.edu.au\)](http://edi.sa.edu.au)

NQS

QA2	2.1	Each child's health and physical activity is supported and promoted.
	2.1.1	Each child's wellbeing and comfort is provided for.
	2.1.3	Healthy eating and physical activity are promoted and appropriate for each child.

NATIONAL REGULATIONS

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	79	Service providing food and beverages
	90	Medical conditions policy
	91	Medical conditions policy to be provided to parents
	162	Health information to be kept in enrolment record
	168	Education and care service must have policies and procedures

EYLF

LO3	Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).
	Children are happy, healthy, safe and connected to others.
	Children show an increasing awareness of healthy lifestyles and good nutrition.
	Educators promote continuity of children's personal health and hygiene by sharing ownership of routines and schedules with children, families and the community.
	Educators discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all.
	Educators engage children in experiences, conversations and routines that promote healthy lifestyles and good nutrition.
	Educators model and reinforce health, nutrition and personal hygiene practices with children.

Who is affected by this procedure?

- Children
- Families
- Educators/Employees
- Governing Council

Aims

Our preschool aims to promote healthy lifestyles, good nutrition and the wellbeing of children, educators and families. We also aim to support and provide adequately for children with food allergies, dietary requirements and restrictions and specific cultural and religious practices. This dietary information will also be provided to families so they can plan healthy home meals for their child.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three main ways:-

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Implementation

The preschool has a responsibility to help children attending the service to develop good food habits and attitudes. By working with families and all educators, we will also positively influence each child's health and good nutrition at home. As stated in the *National Regulations (Regulation 79 [4])*, we recognise that these requirements do not apply to food or a beverage provided by a parent or family member for consumption by their child at the preschool.

Curriculum

Our preschool's food and nutrition curriculum:

1. Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*.
2. Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about a variety of foods available for good health.
3. Includes opportunities for children to develop practical food skills like preparing and cooking healthy food.

4. Integrates nutrition across the curriculum where possible in line with the Early Years Learning Framework(V2.0,2022) and National Standards.

The Learning Environment

Children at our preschool:

1. Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day.
2. Are encouraged to bring their own named drink bottle containing water.
3. Will eat routinely at scheduled break times.
4. Eat in a positive, social environment with staff who model healthy eating behaviours.
5. Use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our preschool:

1. Provides rewards/encouragements that are not related to food or drink.
2. Understands and promotes the importance of breakfast and regular meals for children.
3. Teaches the importance of healthy meals and snacks as part of the curriculum.
4. Is a breastfeeding friendly site.

Food Supply

Our preschool:

1. Encourages healthy food and drink choices for children in line with the *Right Bite* strategy
2. Ensures healthy food choices are promoted and are culturally sensitive and inclusive
3. Excludes all NUTS on the premises due to children enrolled with severe allergies (refer to NO NUT policy for further details)
4. Ensures a healthy food supply for preschool activities and events in line with the *Right Bite* strategy, and limits the use/supply of 'red' category foods (sometimes foods), to a maximum of twice per term
5. Displays nutrition information and promotional materials about healthy eating
6. Has the following guidelines for families for food brought from home or provided by staff within preschool time:

FRUIT TIME

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods

- Encourage chewing which promotes oral muscle development

Fresh fruits and vegetables are recommended. Other suggestions include :-

- dried or preserved fruit
- unsweetened yoghurt
- cheese
- unsalted crackers

LUNCH TIME

Parents and carers are encouraged to supply suitable food to:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods

A healthy lunchbox might include a sandwich/wrap/salad/dried biscuits, fruit, yoghurt, vegetable sticks, etc.

Excluded foods include popcorn (due to inhaling risk) and all nuts.

Drink bottles containing water only are encouraged. These may be stored in the fridge. Cordial is not acceptable.

FOOD AND DRINKS PROVIDED TO CHILDREN

- Parents and caregivers are encouraged to provide healthy food and drink choices in line with the *Right Bite* strategy
- Staff will ensure that food provided to children by the preschool is in line with the *Right Bite* strategy

SPECIAL EVENTS e.g. end of year class party

Parents and caregivers are encouraged to provide healthy food choices, however 'red' category foods may be included in line with the *Right Bite* Strategy.

Food Safety

Our preschool:

1. Promotes and teaches food safety to children as part of the curriculum.
2. Encourages staff to access training as appropriate to the *Right Bite* strategy.
3. Provides adequate hand washing facilities for everyone.
4. Promotes and encourages correct hand washing procedures with children and staff.
5. Stores children's lunches in the refrigerator.

Food-related Health Support Planning

Our preschool:

Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working With Families, Health Services and Industry

Our preschool:

1. Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
2. Provides information to families and caregivers about the *Right Bite* strategy through a variety of ways including:-
 - Newsletters
 - Policy development/review
 - Information on enrolment
 - Pamphlet/poster displays
3. Promotes the alignment of fundraising with the *Right Bite* strategy.

Sources

- Early Years Learning Framework (v2.0, 2022)
- National Quality Standard
- Right Bite Food and Drink Supply Standards in Schools, incorporating the Australian Dietary Guidelines Education and Care Services
- National Regulations (2011 SI 653), 1 Oct 2023
- Get up and Grow, Health Eating and Physical Activity for Early Childhood
- Dietary Guidelines for Children and Adolescents in Australia [Australian Dietary Guidelines | NHMRC](#)
- Consultation process completed and feedback included from children, staff, families and Governing Council members

Review

The policy will be reviewed bi-annually.

Review will be conducted by:

- Governing Council
- Educators/Employees
- Families
- Interested Parties

Document History	Version	Approved Date	Description of Change	Next Review Date
	1.0	01/12/2016	Policy Developed	01/12/2018
Reviewed	2.0	15/08/2019	Updated in line with NQS changes	15/08/2021
Reviewed	3.0	29/06/2021	No Changes	29/06/2023
Reviewed	4.0	04/12/2023	All links have been verified Updated in line with Early Years Learning Framework (v2.0, 2022) and Nat. Reg (2011 SI 653, 1 Oct,23)	04/12/2025

Approved by Governing Council 04/12/2023 Director's Signature 