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Government of South Australia

Department for Education and
Child Development

NUTRITION POLICY

At Netley Kindergarten we are passionate about providing an environment that supports and encourages healthy eating for happy, healthy bodies and minds. At Netley we provide many opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children (EYLF, pg 30). Healthy eating practices are also important in the development of children's speech and sounds. The chewing action is necessary to exercise and strengthen the jaw, needed for the complex development of speech. Very fine coordination of the tongue, lips, jaw and palate is necessary for the production of the many different sounds we make when talking.

The following guidelines are in place at Netley Kindergarten for our children to develop safe and healthy eating habits:

We have two meal times, a morning fruit/snack time which is stored in your child's bag, and a healthy lunch meal that is in a separate container and placed inside on the lunchbox trolley.

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

- Fruit and Vegetables for vitamins, minerals and fibre eg. carrot sticks, cherry tomatoes, apples, pear, strawberries, bananas, diced fruit in natural juice.
- Breads and Cereals for body and brain energy and to help fill hungry tummies eg. Wholegrain sandwiches, rolls and wraps, pikelets, fruit bread, wholegrain plain savoury biscuits, rice, pasta.
- Meat and other protein foods for strong muscles eg. Lean meat in wholegrain sandwiches or salads, left-over meat based casseroles and pastas.
- Dairy foods for strong bones eg. Reduced fat cheese slices, reduced fat cheese in sandwiches, reduced fat yoghurt with chopped fruit (*full fat dairy for children under 2 years)
- Water: Children bring a named drink bottle filled with water.

High fibre foods are good for supporting happy, healthy and regular tummies. 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.

Examples of foods not consistent with the healthy eating policy are: plain sweet biscuits and flavoured savoury crackers (eg. Shapes), flavoured rice crackers, nutella, cakes, chocolates, chips, lollies, muesli bars, fruit straps and bars, fruit juice, cordials.

Will also encourage safe and healthy practices around meal times through the following guidelines:

- Children are encouraged to wash their hands prior to handling any food
- Children are encouraged to be independent in managing their own food
- Children are encouraged to sit down whilst eating in the designated areas
- Staff will supervise children while they are eating
- Children will be encouraged to dispose of their own food scraps in the appropriate buckets for recycling and composting.

Netley Kindergarten is a NUT AWARE Kindergarten and will have children attending over time that have severe allergies to nuts and nut products. To ensure that these children are not at risk please be diligent in ensuring that nuts and nut products such as peanut butter are not brought into the kindergarten.

SPECIAL EVENTS

At Netley Kindy we enjoy celebrating your child's birthday or special occasion in a way that supports our healthy eating policy and is as healthy for young bodies as it is for young minds. We celebrate with your child at mat time by inviting them to stand in front of the group, having a birthday chat, singing happy birthday and then blowing out the candles on the playdough cake. We also give them a birthday certificate from the Kindy.

Bringing in extras for your child's celebration is **not** expected, but if you wish to it is a great opportunity to support our healthy eating policy and make healthy fruits and vegetable shine. Another great idea is to take the focus off food and bring in a party game or other non-food items.

Some food ideas are:

Fruit or veggie platter

Fruit kebabs

Rice cake fruit and veg funny faces

Some non-food ideas are:

Balloons or stickers

Craft supplies for a special project

A favourite book to be read and donated to the kindy

Please see staff for some more fun ideas and recipes. There is also a folder in the Parent Information Area that can be accessed for more ideas.

We ask that you do not bring in anything extra that is inconsistent with our policy such as birthday cakes, cupcakes, lollies or high sugar, salt and fat foods such as chips, chocolates and biscuits.

Fundraising at Netley Kindy is also consistent with our healthy eating policy as we endeavour to provide an environment that promotes your child's health and developing healthy habits from an early age. To this end Netley Kindy will incorporate the Nutrition Policy into all fundraising events, taking into consideration all of the above.

Endorsed by Netley Kindergarten Governing Council, January 2014

Signed (Chairperson) Date

To be reviewed January 2015