



Woodford Road, Elizabeth North 5113  
phone: 8255 2327

## Elizabeth North Preschool

### Healthy Food Supply and Nutrition Statement

#### Elizabeth North Preschool Healthy Food Supply and Nutrition Statement

##### National Quality Standards

QA2	2.1.2	Healthy practices and procedures; Effective illness and injury management and hygiene practices are promoted and implemented.
	2.1.3	Healthy lifestyle; Healthy eating and physical activity are promoted and appropriate for each child.
	2.2.1	Supervision; At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

##### Legislative requirements

168	Education and care services must have policies and procedures
170	Policies and procedures to be followed
171	Policies and procedures to be kept available
172	Notification of change to policies or procedures

##### Statement Rationale

Elizabeth North Preschool promotes safe, healthy eating habits in line with the Australian guide to healthy eating. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three 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 which is vital for positive engagement in learning activities.

Therefore:

- staff at this preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within healthy eating guidelines for their children at preschool.

##### Statement Outline

Our Healthy Food Supply and Nutrition Statement is based on the Department for Education healthy eating curriculum which incorporates the Australian guide to healthy eating. It is emphasised that there is a need to:

- Enjoy a wide variety of nutritious foods
- Eat foods that are low in saturated fat
- Balance food intake with physical activity
- Eat only a moderate amount of sugar and foods containing added sugars
- Choose low salt foods and use salt sparingly
- Food and drinks provided by the service must be nutritious and adequate in quantity and take into account dietary requirements appropriate to each child's growth and developmental needs, and any specific cultural, religious or health requirements.

## **Curriculum**

Our preschool's food and nutrition curriculum:

- is consistent with the Australian Guide to Healthy Eating | Healthy eating for children
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Early Years Learning framework where possible, relating to the learning outcome 3: 'Children have a strong sense of wellbeing'

## **The Learning environment**

Children at our preschool:

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

Our preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site.

## **Food supply**

Our preschool:

- encourages healthy food and drink choices for children in line with the Australian Guide to Healthy Eating | Healthy eating for children
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool activities and events in line with the Australian Guide to Healthy Eating | Healthy eating for children
- displays nutrition information and promotional materials about healthy eating
- has the following guidelines for families for food brought from home or provided by staff within preschool time:
  - parents and carers are encouraged to provide healthy food and drink choices in line with the Australian Guide to Healthy Eating | Healthy eating for children.
  - Parents and carers are encouraged to provide only water in a clear, clean water bottle.
  - Parents and carers are encouraged to supply fruit and vegetables at snack time to: provide children with important minerals and vitamins and encourage a taste for healthy foods.
  - staff will ensure that food provided to children by the preschool is in line with Healthy Eating policy.

## **Special Occasions**

Our preschool acknowledges the recommendations of The National Heart Foundation that snack foods such as, cakes, biscuits, and takeaway foods are limited to once a week. When celebrating a special occasion or cultural event the food supplied to the children by the preschool will be in line with our Healthy Food Supply and Nutrition Statement and Australian Guide to Healthy Eating | Healthy eating for children.

Version Number	Details of Changes Made	Date Issued
1	Statement creation	March 2020
2	Amended and updated	April 2022
3		

**Endorsed by the staff of Elizabeth North Preschool and the Governing Council: April 2022**

**Next Review Due: April 2024**

Sources:

[Eating Healthy \(education.sa.gov.au\)](http://education.sa.gov.au)

[Healthy eating for children poster \(eatforhealth.gov.au\)](http://eatforhealth.gov.au)

[Australian guide to healthy eating | Eat For Health](#)