



## Elizabeth North Early Learning Centre

### Policy Statement Healthy Eating and Nutrition

#### Elizabeth North Preschool Healthy Eating Policy

##### Rationale

This preschool promotes safe, healthy eating habits in line with the DECD Healthy Eating Guidelines and Australian Dietary Guidelines for Children and Adolescents.

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 and this 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 the DECD Healthy Eating Guidelines for their children at preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

##### Policy Statement

Based on the National Quality Framework and the DECD Healthy Eating Guidelines and Australian Dietary Guidelines for Children and Adolescents it is emphasized 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 Dietary Guidelines for Children and Adolescents
- includes activities that provide children with knowledge, attitudes and skills to make

##### 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
- 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

## **Working with families and stakeholders**

Our preschool:

- invites parents and caregivers to be involved in the review of Healthy Eating Policy
- provides information to families and caregivers about the DECD Healthy Eating Guidelines and Australian Dietary Guidelines for Children and Adolescents through a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment

**Developed and accepted by the staff of Elizabeth North Preschool and the Governing Council: March 2018**

**Next Review Due: March 2020**

Sources: Australian Children's Education & Care Quality Authority website  
[www.acecqa.gov.au](http://www.acecqa.gov.au)  
South Australian Department for Education and Child Development  
<https://www.decd.sa.gov.au/doc/healthy-eating-guidelines>  
Australian Dietary Guidelines  
<https://www.eatforhealth.gov.au/guidelines>  
Food Standards Australia New Zealand  
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

*National Quality Standard  
Quality Area 2: Children's health and safety  
Standard 2.1 Each child's health and physical activity is promoted and supported  
Element 2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.*