

Healthy Food Supply and Nutrition

This policy should not be read in isolation, it complements the Department for Education's Nutrition and Dietary Requirements for preschools.

Rationale

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children by maximising growth, development, activity levels and minimises the risk of diet related diseases later in life. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities. At Para Vista Preschool we promote safe, healthy eating habits with food options being provided by the canteen in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools.

Para Vista Preschool is an ALLERGY AWARE PRESCHOOL. We are not able to guarantee that the environment will be free from potential hazards, however, we minimise potential risks by compliance with the following guidelines.

Educators will:

- Be aware of children with allergies/anaphylaxis, health conditions
- Receive training to meet children's medical needs
- Inform families when a child with allergies or anaphylaxis attends preschool
- Assess risks when planning food related or cooking experiences
- Model and encourage healthy eating behaviours
- Provide a safe, supportive environment for all children to consume food and drink
- Teach the importance of healthy meals and snacks as part of the curriculum
- Teach food safety to children as part of the curriculum
- Encourage children to be seated when eating and supervise eating times
- Display nutrition information and promotional materials about healthy eating
- Ensure healthy food choices are promoted and are culturally sensitive and inclusive
- Ensure children's lunch boxes are accessible during eating time to allow for the children to independently access their food
- Promote and encourage correct hand washing procedures with children and staff
- Keep celebration foods to a minimum
- Notify families about the recommendations for safe food storage and risks associated with food not being refrigerated
- Maintain up to date first aid and anaphylaxis qualifications

Parents and caregivers will:

- Inform educators of any allergies or allergic reactions either at enrolment or on diagnosis
- Complete health care plans with the treating medical practitioner
- Inform educators of any changes to Health Support Agreements which will immediately be updated
- Ensure the medication specified in plans is current (not expired) and available to educators each time the child attends preschool
- Be encouraged to supply healthy foods for their child at preschool
- Provide their child with a named drink bottle filled with water. (Water bottles will be accessible at all times from the hydration station)

- Supply fruit, vegetables or cheese at fruit time to provide their child with important minerals and vitamins and to encourage a taste for healthy foods (we request that no processed and packaged food is supplied for fruit time snack)
- Place named fruit time snacks in the appropriately labelled baskets at the beginning of the day
- Supply enough healthy food for their child's appetite and needs. Lunch is to be brought in a lunchbox or container that a child can independently open
- Provide food that does not need heating
- Support their child in putting their lunch box in the fridge in the kitchen. Parents can request their child's lunch be kept out of the fridge – staff will notify parents about recommendations for safe food storage and risks associated with unrefrigerated foods and provide parents with fact sheets. Parents to sign and date a form to specify they've read associated information and prefer their child's food be stored out of fridge.

Children will:

- Have fresh, clean filtered water available at all times and are encouraged to drink water regularly through the day
- Eat routinely at scheduled break times and are able to make their own choice to eat at any time
- Eat in a positive, social environment with staff who model healthy eating behaviours

School Leadership will:

- Promote and encourage staff to access training as appropriate
- Provide adequate hand washing facilities
- Promote and encourage correct hand washing procedures with staff
- Offer opportunities for preschool lunch orders (through the school canteen) and ensure they meet the Right Bite Strategy guidelines

NQS	QA2	Children's health and safety
2.1	Health	Each child's health is promoted.
2.1.2	Health practices and procedures	Effective 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	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected.
2.2.2	Incident and management	Plans to effectively manage incidents and emergencies are developed, practised and implemented.

National Regulations

- section 165 Offence to inadequately supervise children
- regulation 77 Health, hygiene and safe food practices
- regulation 78 Food and beverages

EYLF Learning Outcome 3

- Children are happy, healthy, safe and connected to others.
- 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

Approvals Status

Approved Version: 1.1

Approved by: Anita Becker | Principal, Para Vista preschool – Yr 6

Approved by: | Governing Council, Para Vista Preschool - Yr 6

Approval date: 3rd July 2025 Next review date: July 2028

Revision record

Version 1.1

Approved by: Anita Becker, Principal, Para Vista Preschool – Yr6

Approved date: 3rd July 2025 Next review: 2028

Amendment(s): removed birthday treats

Version: 1.0

Approved by: Anita Becker | Principal, Para Vista Preschool – Yr 6

Approved date: 2024 Next review: 2027