Nutrition Policy

Link to National Quality Standard:
2.1 Each child’s health is promoted
2.1.1 Each child’s health needs are supported
2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child

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 good health, minimising the risk of diet related diseases later in life and contributing to the good health and wellbeing vital for positive engagement in learning activities.

Strategies, Practices and Procedures

CURRICULUM
Jamestown Community Children’s Centre’s food and nutrition curriculum:
- is consistent with the Right Bite Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools
- 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

THE LEARNING ENVIRONMENT
Children at Jamestown Community Children’s Centre:
- have fresh, clean 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
Jamestown Community Children’s Centre:
- does not use food and drink for rewards or motivation
- 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
Jamestown Community Children’s Centre:
- encourages healthy food and drink choices for children in line with nutrition guidelines
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for centre activities and events in line with nutrition guidelines
- 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:

<table>
<thead>
<tr>
<th>FRUIT TIME:</th>
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<tbody>
<tr>
<td>Parents and carers are encouraged to supply fruit and vegetables at fruit time to:</td>
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<tr>
<td>o provide children with important minerals and vitamins</td>
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<tr>
<td>o encourage a taste for healthy foods</td>
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<td>o Allow children to eat foods which require chewing to support the development of muscles and to promote dental health</td>
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<table>
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<tr>
<th>LUNCH TIME/SNACK TIME:</th>
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<tbody>
<tr>
<td>o parents and carers are encouraged to provide healthy food and drink choices in line with the Right Bite strategy</td>
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<td>o staff will ensure that food provided to children by the preschool is in line with the Right Bite strategy</td>
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<tr>
<td>o parents are asked to fill drink containers with water only</td>
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<tr>
<td>o popcorn and nuts are not permitted and the centre as they are a choking risk*</td>
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<tr>
<td>o nuts and nut products are not permitted at the centre as they are a high allergy risk*</td>
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<th>BOTTLE FEEDING:</th>
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<td>o breast feeding mothers are encouraged to supply breast milk when their child is in care</td>
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<tr>
<td>o breast milk, boiled water or formula is to be provided fresh daily in named, sterilised bottles</td>
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*Parents are asked not to send popcorn and nuts even if their child is over 4 or no child with a nut allergy is attending the centre. Nuts and popcorn are a choking risk if dropped and picked up by a baby or toddler and nuts/nut products are an allergy risk to babies and toddlers who have not been exposed to these foods before.
FOOD SAFETY
- Jamestown Community Children’s Centre
- promotes and teaches food safety to children as part of the curriculum, specifically:
  - hand washing
  - remaining seated while eating
  - eating their own food brought from home (to avoid consumption of inappropriate or allergen foods)
- encourages staff to access nutrition and safe food handling training
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff
- works to minimise choking hazards by ensuring that high-risk foods such as raw apple, carrot, whole grapes, cherry tomatoes and meats are sliced appropriately for the age of the child

FOOD-RELATED HEALTH SUPPORT PLANNING / FOOD ALLERGIES
Jamestown Community Children’s Centre:
- works with families to ensure suitable foods and eating arrangements for children with food-related health issues
- requests an up to date health care plan for any child attending the centre who has been diagnosed with a food allergy
- informs the community when a child attending the centre has been diagnosed with a severe allergic reaction to a particular food

When a child with a serious food allergy (e.g. nuts) enrols at Jamestown Community Children’s Centre, a plan specific to the child’s needs will be developed, communicated to parents and staff and implemented for the duration of the child’s enrolment.

WORKING WITH FAMILIES, HEALTH SERVICES & INDUSTRY
Jamestown Community Children’s Centre:
- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- communicates with childcare families about their child’s food and drink intake whilst in care
- provides information to families and caregivers about nutrition guidelines through a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment
  - pamphlet/poster displays

Policy Created/ Reviewed Term 2, 2012
Review Due Date Term 2, 2013
Approval signatures

Governing Council President

Director