Healthy Eating Policy

At Paralowie Kindergarten we promote positive attitudes to the development of personal health. As educators we will model and develop in children an understanding of sound nutrition and health practices. Children will indicate this learning by demonstrating knowledge of different foods and the link between food and health.

- Parents are asked to send only healthy and nutritious snacks to kindergarten preferably as fresh and natural as possible. Suggested snacks are fruit, vegetables, dry fruit, cheese, yoghurt, rice cakes or sandwiches with healthy fillings.
- Parents are asked to avoid sending foods high in sugar, salt or fat i.e. cake, sweet biscuits, chocolate, muesli bars, chips, lollies and other overly processed packet snack foods.
- Staff will monitor the food the children are eating and send home a letter to parents when unhealthy snacks are brought.
- If children do not bring a healthy snack, the kindy will have dried fruit available.
- Where children are on a special diet or have allergies the parents must notify kindergarten staff and provide relevant information at the time of enrolment.
- Children are expected to wash their hands prior to eating and snacks are to be eaten in a designated area.
- Eating together at snack time will be encouraged as a social activity.
- The importance of eating nutritious food will be discussed with the children during snack time and cooking experiences, as appropriate.
- As part on the ‘Healthy Eating Program’ children participate in ‘shared fruit’ fortnightly on Wednesdays during the session. Children are encouraged to bring one fruit to place in the clear fruit bowl provided on the counter.
- Drinking water will always be available and accessible to children.
- Information regarding healthy food choices will be made available to parents on enrolment of their children.
- Follow up information and reminders will be included in the kindergarten newsletters regularly.
- DECD, through the Right Bite Strategy require that preschools adhere to strict guidelines for the healthy consumption of food at kindergarten so birthday cakes and other unhealthy celebratory food will not be eaten during kindergarten. Non- food creative items will be used to celebrate a child’s birthday if parents request acknowledgement of their child’s birthday at kindergarten.
- Preschools can provide some RED category products a maximum of twice a term on special occasions eg sausage sizzle.
- Nut and nut products and foods that may contain traces of nuts are banned at Paralowie Kindergarten as a number of children have nut allergies.

References: Right Bite Strategy