



Kilkenny Preschool

Healthy Eating Guidelines

We believe that early childhood is an important time for establishing lifelong, healthy eating habits which contributes to developing good health and wellbeing knowledge, vital for maximising growth and development.

Good nutrition involves eating a variety of foods. Children with appropriate nutrition have improved cognitive development, attention span, work capacity, behaviour and attendance at school and preschool. Establishing healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life. We ask that families using our services support us by sending fruit, vegetables or cheese for snack time and a healthy lunch to Preschool with their children. The traffic light guide below is able to assist families in making healthy choices and is in-line with the Right Bite Healthy Eating Plan.

https://www.education.sa.gov.au/sites/default/files/right_bite_manual_colour.pdf?acsf_files_redirect

Educators at our Preschool will:

- Model and encourage healthy eating behaviours, promoting green food group eating
- Provide a safe and supportive and flexible eating environment where we encourage not force children to eat
- Encourage food safe hygiene practices: such as hand washing procedures before meals

Green Most food packed for children's SNACK and LUNCH should come from this category	
Fruits	Dried Fruit
Vegetables / vegetable sticks (cooked or raw)	Dry and savoury biscuits, rice crisps, rice cakes, corn cakes
Sandwiches / wraps with healthy fillings e.g. cheese, meat, salad	Cold meats
Salad	Fruit loaf
Yoghurt	Cheese
Pasta / rice	Egg
Amber May include 1 small treat occasionally	
Savoury Chips (low salt, low sugar)	Biscuits (low salt, low sugar)
Muffin (fruit and vegetable)	Muesli bar
Red Do not bring these to Preschool	
Lollies	Cordial, juice, soft drink
Fruit roll ups	Fast food (e.g. KFC, McDonalds, fried foods)
Chocolate bars	Nuts & Nut products (unless otherwise specified)
Custard snacks	

RECOGNISING NEEDS	LEARNING OPPORTUNITIES	CURRICULUM LINKS
<p>If your child has specific dietary needs please speak to the lead teacher.</p> <p>Children with allergies MUST have a specific health care plan.</p> <p>Families are asked to observe our nut aware zone and not send any food containing nuts or nut products unless otherwise advised.</p> <p>From time to time you may be asked to avoid bringing other foods to Preschool due to a known allergy.</p> <p>Your child's daily intake may vary from day to day at any given time for a variety of reasons, therefore, we will encourage children to eat but will not force eating upon children.</p>	<p>Snack and Lunch time are a part of our education program. These times provide opportunity for children to:</p> <ul style="list-style-type: none"> - Interact socially - Develop organisation and self-help skills in a supported way - To be responsible for their belongings - Show an increasing awareness of healthy life styles and good nutrition <p>Staff use the 'Right bite easy guide to Healthy Food and Drink Supply for SA Schools and Preschools'.</p> <p>Parent involvement may include opportunities to cook with the children and to contribute to the curriculum & policy development.</p>	<p>Children's learning can be observed during these times using the Early Years Learning Framework with the following outcomes:</p> <p>Outcome 1: Children have a strong sense of identity.</p> <p><i>Children feel safe, secure and supported.</i></p> <p><i>Children learn to interact in relation to others with care, empathy and respect.</i></p> <p>Outcome 3: Children have a strong sense of wellbeing.</p> <p><i>Children become strong in their social and emotional wellbeing.</i></p> <p><i>Children take increasing responsibility for their own health and physical wellbeing.</i></p> <p>Outcome 5: children are effective communicators.</p> <p><i>Children interact verbally and non-verbally with others for a range of purposes.</i></p>

Drinks

Children need to bring from home a named WATER bottle that they can drink from during the day. Please do not send juice, cordial, soft drinks or flavoured milk. Water is the preferred drink for all Preschool children. Staff will encourage regular drinking throughout the day and will re-fill bottles throughout the day when needed.

Managing food independently

Children are encouraged to be as independent as possible throughout their day at Preschool including meal times. Children are encouraged to open their own lunch box, unwrap their foods and feed themselves. This is very important preparation for managing at school. Families can assist by ensuring lunch boxes and food wrapping is suitable and manageable for their child. Practicing at home and at the shops before purchasing snack and lunch boxes is recommended.

Please note – Food will not be heated at Preschool. If you wish, you can provide warm lunch stored in a thermos. An ice brick is recommended to keep food cool in lunch boxes as needed.

Celebrating birthdays at Preschool

We can celebrate birthdays at Preschool through singing happy birthday to the children as a group. We do not share food (cakes, lollies etc.) or gifts to mark children's birthdays. Please keep these for celebrations at home.