Lameroo Kindergarten Food and Nutrition Policy

Formulated May 2010

Background

The Lameroo Kindergarten is committed to providing a safe and educational environment for our children. We aim to be aware of children’s growth and development and establish habits that will prevent disease in later life, e.g. diabetes and heart disease.

The number of children in Australia who are overweight or obese is increasing rapidly. Experts cite sedentary lifestyle i.e. lacks of active play and exercise, and diets high in fats and sugars as cause for this trend (1). There is also an increase in tooth decay in young children and speech pathologists are reporting a greater incidence of speech problems which is partially attributed to the decrease in children eating foods which require extensive chewing (e.g. whole raw fruit).

Mindful of the growing weight and tooth decay problems plus the links between eating and learning, the Lameroo Kindergarten has a nutrition policy that aims to promote healthy eating.


Through this policy, we aim to: (goals)

1. Promote knowledge and awareness of the importance of good food and nutrition to children, families and carers at the centre.

2. Promote safe eating practices and food related activities.

3. Foster healthy, social, emotional, physical and cultural development

These goals will be achieved by: (strategies)

1. Promote knowledge and awareness of the importance of good food and nutrition to children, families and carers at this centre.

   Education and Promotion to parents and carers
   • Pamphlets
   • Newsletters
   • Talks and workshops by guest speakers

   Education and Information to children
   • Interactive cooking sessions
   • Food and nutrition play activities
   • Food and nutrition related skill development activities
   • Food sharing days where foods brought are cut up, shared and discussed
   • Growing foods in the garden
   • Staff role models
Regulate the types of food allowed at the centre

Excluded foods are:
- Lollies
- Potato and Corn Chips
- Fruit leathers e.g. roll ups
- Foods that contain traces of nuts
- Muesli Bars (which contain nut traces)

1.3.2. Excluded drinks are:
- Cordials
- Softdrinks

1.3.3. Excluded items will be communicated to parents/carers by:
- A note stating an alternative suggestion
- Newsletters
- Pamphlets
- Education sessions

Water is the preferred drink.
- Water bottles are encouraged
- Alternative refrigerated water available

Preferred foods are promoted by:
- Pamphlets
- Information sessions by Dietitian
- Newsletters
- Displays

2. Promote safe eating practices and food related activities.

2.3. Food Hygiene practices will be observed and role modelled
   2.3.2. Wash hands before meals and food handling
   2.3.3. Cooking activities will involve low risk foods
   2.3.4. Wash hands after touching non hygienic items e.g., animals
   2.3.5. All Snack / Lunch items are to be stored in the refrigerator

2.4. Minimise choking risk
   2.4.1. Children are seated while eating
   2.4.2. Foods that are at risk for causing choking will be communicated to parents via newsletters, pamphlets and information sessions.

2.5. Special dietary needs
   2.5.1. It is the parents and carers responsibility to notify the centre if their child has a special dietary need. On the Enrolment form is a special section to be
completed by parents and carers about special dietary needs, allergies and medications.

3. **Foster healthy, social, emotional, physical and cultural development**

3.3. Promote independent self-feeding by ensuring foods provided to the children can be opened and consumed without assistance.

3.4. Promote cultural appreciation by:
   3.4.1. Role Playing
   3.4.2. Cooking session of multicultural foods
   3.4.3. Involve parents of other cultures and linguistically diverse backgrounds in the centre’s activities.

**POLICY**
- Will be kept in the office but a copy will be available in the information book accessible to all parents and in the Induction folder for new staff.
- Will be provided to all parents/carers in the ‘Enrolment package’
- Will be reviewed annually by staff, and parents and carers

**Contacts for more information about Food, Nutrition and allergies.**

- **Community Dietitian-Nutritionist**
  Mallee Health Service
  Phone:

- **Women’s and Children’s Hospital**
  Dept. of Clinical Immunology or Dept. of Nutrition and Dietetics
  72 King William Road, North Adelaide
  Phone: 8161 7233

- **Lameroo Medical Centre**
  Phone: 85764 644

- **Allergy specialist / Paediatrician**