Leigh Creek Kindergarten
Healthy Food and Drink Policy

Leigh Creek Kindergarten has developed a policy aimed at promoting healthy eating habits for pre-school children. This policy has been established after consultation with staff, parents and the Department's “Right Bite Healthy Eating Guidelines”.
We believe that establishing lifelong, healthy eating habits in early childhood can benefit the children in three ways:

1. Short term: Maximises growth, development and activity whilst minimising illness
2. Long term: Minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
3. Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Parents are encouraged to send healthy foods. Examples of these foods are:
- Fruit and vegetables
- Cheese, yoghurt, plain custard and milk
- Dry biscuits & crackers- check salt & sugar content
- Sandwiches, plain scones, pancakes
- Rice, pasta, noodles
- Hard boiled eggs, quiche
- Plain popcorn
- Healthy buns & savoury muffins
- Soup
- Water bottle - we promote the drinking of water

The Kindy does not accept:
- All nut products
- Chips
- Chocolate & lollies
- Cake & sweet biscuits
- Flavoured milks, cordial and fruit juice
- Foods that contain more than 1000 kj/100g
- Foods that contain more than 5g fat/100g
- Foods with salt content over 400mg/100g

GOALS FOR THE POLICY
1. Promote nutritious food choices for children by creating a supportive environment for parents and children.
2. Promote aspects of good food & nutrition to parents, carers and children by acting as role models.
3. Ensure the Centre fosters safe eating and food related activities.
4. Foster healthy social, emotional, cultural and physical development of children.

WAYS STAFF AND PARENTS CAN HELP
Social aspects of eating together will be promoted.
Water is always available, accessible and promoted.
Parents are to inform staff if child has any food allergy or special dietary requirements.
Children will wash their hands prior to eating. They will sit while eating and stand still when drinking.
The Kindy programme teaches and promotes healthy themes and activities as part of the curriculum and in line with the Early Years Learning Framework and the National Quality Standards.
Staff will send a letter home if unhealthy snacks are coming regularly to Kindy.
Our Kindergarten will ensure a healthy food supply for preschool activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines.

Updated July 2012. To be reviewed bi-annually or needs based i.e. clients' needs
The Leigh Creek Kindergarten promotes healthy eating habits for Kindy children. In line with the policy please send healthy food and drinks.

Please do not send:

Regards, Leigh Creek Kindergarten staff.