



Elizabeth East Kindergarten

HEALTHY EATING POLICY

Policy Statement

The staff and Governing Council of the Elizabeth East Kindergarten are committed to providing a learning environment that is safe and supportive of children's learning, health and wellbeing, through programs that are inclusive of the socio-economic, cultural and spiritual perspectives of our community. Our healthy eating policy reflects our beliefs, and is supported by the Australian Dietary Guidelines and Department of Education and Child Development

Aims

Staff and management are responsible to:

- Actively promote daily fruit and vegetable consumption with children and families.
- Encourage in children a willingness to try a wide range of healthy foods.
- Provide opportunities for children to learn about food and nutrition as part of the EYLF Framework.
- Provide opportunities for children to develop practical food skills, appropriate to the preschool age group, related to food consumption, selection, storage, preparation, cooking and serving.
- Provide access to fresh, clean tap water, and encourage frequent drinking.
- Support children with special dietary requirements through discussion with families.
- Inform families of appropriate foods for special occasions and celebrations.

While at kindergarten, children will:

- Bring a healthy snack/lunch to eat
- Eat at scheduled break times.
- Eat whilst sitting down in a supervised, social environment.
- Have access to fresh, clean tap water at all times.
- Develop the skills to be independent at snack time.

