Right Bite Food Supply and Nutrition Policy
Healthy Food Supply and Nutrition Policy of: Fulham Park Preschool Kindergarten

National Quality Standard 2.2 Regulation 168 (2) (a) (i) Related Key Regulations: 77, 78, 79, 80
Note: Regulations 79 and 80 do not apply to food and beverages provided by a parent.

Rationale
This preschool promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:
1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:
- staff at this preschool model and encourage healthy eating behaviours
- staff at the preschool follows the guidelines of this policy
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the Right Bite strategy for their children at preschool.

This food policy has been established after consultation with staff and parents within the preschool community.

Curriculum
Our preschool’s food and nutrition curriculum:
- is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the Early Years Learning Framework where possible, relating to Outcome 3: ‘Children have a strong sense of wellbeing’.

The Learning environment
Children at our preschool:
- have fresh clean ‘Pura Tap’ filtered water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the preschool garden to learn about and experience growing, harvesting and preparing nutritious foods

Our preschool:
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site
Food supply
Our preschool:
- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- displays nutrition information and promotional materials about healthy eating
- encourages litter free lunches that contain food items with no disposable packaging or single use items, such as pre-packaged foods, plastic bags, juice poppers, bottled water, disposable utensils, plastic straws or food wrapped in cling wrap or foil.
- has the following guidelines for families for food brought from home or provided by staff within preschool

Fruit Time: morning (Brain Food) and afternoon snack
Parents and carers are encouraged to supply fruit and vegetables at fruit time to:
- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:
- parents and carers are encouraged to provide healthy food in line with the *Right Bite* strategy and water only
- staff will ensure that food provided to children by the preschool is in line with the *Right Bite* strategy.
- parents and carers are encouraged to exclude packaged and processed food that is high in salt, saturated fat and sugar.
- Parents and carers are encouraged to exclude food items containing nuts. Our preschool promotes a nut free environment.

At lunch time
Parents and carers are encouraged to supply food mostly from the **GREEN** list with some choices from **AMBER** list for lunch. We encourage children and parents **not** to provide food from the **RED** list for the child’s day at preschool to:
- provide children with important minerals and vitamins
- to acknowledge good nutrition contributes to good health and wellbeing and this is vital for positive
- engagement in the learning activities at preschool.
- encourage a taste for healthy foods.
- Support preschool curriculum and child’s learning as part of the *Right Bite* strategy

Examples of Food from the Red list include:
- **ALL NUT PRODUCTS**
- packaged foods
- **No Cordials and sweetened fruit juices (due to spillage)**
- “*roll ups*”
- all muesli bars (high fat and sugar content)
- sweets/lollies/chocolates
- sweet biscuits/ cakes
- potato crisps (high fat and salt content)

Note: Please refer to the preschool’s food guidelines using “*Right Bite*” strategy
Food safety
All food brought from home must be enclosed in an insulated container with ice bricks. According to Food Standards of Australia food can be safely stored in insulated boxes for up to 4 hours. Uneaten food outside of the 4 hour safety zone will need to be disposed.

When possible we will send home uneaten food so that as a parent you are aware of what your child has eaten in their day, we recommend that this food is then disposed of at home as it will no longer be fresh.

Fruit and vegetables are safe to eat outside the 4 hour safety zone.

Our preschool:
- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the Right Bite Strategy
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food-related health support planning
Our preschool:
- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- promotes a ‘Nut Free’ environment to support health plans of some children – please do not send anything containing nuts.

Working with families, health services & industry
Our preschool:
- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the Right Bite Strategy through a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment
  - pamphlet/poster displays
- promotes the alignment of fundraising with the Right Bite strategy.

The Fulham Park Preschool Kindergarten team thank you in advance for your support of this policy

Date 14/11/2014
Fulham Park Preschool Kindergarten

FOOD GUIDELINES USING “RIGHT BITE” STRATEGY

This list has been prepared using the Right Bite Guidelines. We have modified this slightly to:

- acknowledge the constraints of the preschool
- support the preschool curriculum
- acknowledge that children are only here for 15 hours of their week, enabling children to access a range of other foods at other times.

The Right Bite strategy teaches children the “Traffic Light” system of Healthy Eating

**GO** – EAT PLENTY

**AMBER** – SLOW DOWN – Select carefully – **STOP** - Occasionally

We recommend packing food with a small ice brick ALL YEAR ROUND. Please place name on containers.

**GREEN LIST** – Choose plenty

Children can bring green list foods for ‘Brain Food’, Lunch and Afternoon Snack. We encourage fruit and/or vegetables for ‘Brain Food’ and afternoon snack.

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads</strong></td>
<td>All types of bread including wraps, burritos, tortillas etc. Multigrain,</td>
</tr>
<tr>
<td></td>
<td>wholemeal and hi fibre are extra good!</td>
</tr>
<tr>
<td><strong>Cereal foods</strong></td>
<td>Rice, pasta, noodles etc. (unfortunately we cannot heat these up).</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>Whole grain breakfast cereals that are high in fibre and low in salt and</td>
</tr>
<tr>
<td><strong>Cereals</strong></td>
<td>sugar can be great “nibbles” at preschool</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>Any – chop up into sticks and add a low fat dip. (dips for lunch time only)</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>Any – fresh or dried</td>
</tr>
<tr>
<td><strong>Legumes</strong></td>
<td>Any – again we cannot heat up – but many children enjoy cold baked beans!</td>
</tr>
<tr>
<td><strong>Reduced fat</strong></td>
<td>Low fat yoghurt and cheese. Pack these with a “cold pack”. For lunch only.</td>
</tr>
<tr>
<td><strong>Dairy products</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>Water only at preschool please.</td>
</tr>
<tr>
<td><strong>Meats</strong></td>
<td>These need to remain cold – so we recommend always packing with an ice brick. For Lunch time only. Please no “highly processed” meats such as kabana, salami, metwurst etc. These foods are high risk if contaminated. To support children’s health needs we would appreciate ‘NUT FREE’ FOODS.</td>
</tr>
</tbody>
</table>
**AMBER LIST** – Select carefully - Children may choose from this list to add to their (GREEN) LUNCH choice.

<table>
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<th>Food Type</th>
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<tbody>
<tr>
<td><strong>Savoury products</strong></td>
<td>Check for fat and salt content. Examples could be cheese and tomato (vegetable) pizza, vegetable pastries, quiches,</td>
</tr>
<tr>
<td><strong>Spreads</strong></td>
<td>Use sparingly. Choose reduced salt/sugar if available. Includes vegemite, fruit jam, honey. Sorry no nut spreads.</td>
</tr>
<tr>
<td><strong>Snack food bars</strong></td>
<td>Try higher fibre/low sugar varieties such as breakfast bars, cereal bars, fruit bars. Sorry no nuts or chocolate.</td>
</tr>
<tr>
<td><strong>Savoury snack foods/biscuits</strong></td>
<td>Check for fat and salt content. “Oven Baked” varieties are usually good, dry biscuits, air popped popcorn, rice cakes or crackers.</td>
</tr>
<tr>
<td><strong>Cakes, muffins etc</strong></td>
<td>English muffins, small muffin high in fibre and fruit, scone, small pancake/pikelet are all acceptable. No icing or chocolate.</td>
</tr>
<tr>
<td><strong>Full fat Dairy products</strong></td>
<td>Full fat yoghurt and cheese. Pack these with a “cold pack”. For lunch only.</td>
</tr>
</tbody>
</table>

**RED LIST** – We encourage children and parents not to provide food from the RED list for the child’s day at preschool. These foods are outside of the foods recommended by the Dietary guidelines for Children and Adolescents in Australia. However some may be provided on a maximum of two occasions a term in certain situations, such as events in which the whole preschool community is involved.

<table>
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<tr>
<td><strong>Confectionary</strong></td>
<td>Confectionary – all types including chocolate</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>Fruit drinks</td>
</tr>
<tr>
<td><strong>Snack foods</strong></td>
<td>Savoury snack foods – crisps, biscuits, fruit bars that are high in sugar content, muesli bars, roll ups, and other similar packaged products</td>
</tr>
<tr>
<td><strong>Cakes, sweet biscuits and slices</strong></td>
<td>Cakes, sweet pastries and slices, biscuits, doughnuts and cream filled buns</td>
</tr>
<tr>
<td><strong>Deep fried foods</strong></td>
<td>All types e.g. chips and crumbed and coated foods</td>
</tr>
<tr>
<td><strong>Other savoury foods</strong></td>
<td>Sausages and frankfurts</td>
</tr>
</tbody>
</table>

Policy Ratified by ______________________________

FPPK Governing Council

28/11/2014