Bridgewater Kindergarten

Healthy Food Policy

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Issue 5

Bridgewater Kindergarten is committed to promoting and educating children and their families about healthy eating habits. We aim to promote healthy eating and the development of healthy eating habits now and for later life.

“Being overweight in childhood increases the risks for heart disease through raising blood pressure, blood cholesterol and blood sugar. Childhood obesity can also lead to low esteem, depression, orthopaedic complications, sleep problems and asthma. "Every Child, Spring 2003.

To promote healthy eating and nurture the children in our care, staff in consultation with the Governing Council have developed this Healthy Food policy for Snack and Lunchtime.

The following items are recommended for snack time:

• All fruits & vegetables, including dried fruits and vegetables,
• savoury biscuits, savoury sandwiches,
• yoghurt (in tubs not tubes please!),
• real fruit straps,
• cheese.

Unacceptable for snack time:
Due to their high fat, sugar and salt content, which makes them of low nutritional value, food items such as
• muesli bars,
• fruit bars,
• roll ups,
• chips,
• chocolate,
• lollies,
• sweet biscuits,
• biscuit and dip packs,
• cake and muffins,
• custards and jellies
will not be allowed at “snack time”. Staff will talk with children about their snack and ask them to return it to their bags. If the child has no other snack staff will provide them with sultanas or savoury biscuits.

Curriculum
As part of our role as educators staff will ensure children receive positive education through the play-based curriculum about healthy lifestyles. This will include the importance of a healthy balanced diet and recognising that some foods are acceptable in moderation, e.g. on special occasions, such as birthdays and celebrations, we call these sometimes foods. Children will wash hands before eating and cooking at kindergarten.
**Cooking**
As part of our kindergarten program, we on occasion do cooking at kindergarten where everyone will share. This is a valuable experience for the children and involves much learning. Staff will endeavour to make our cooking experiences be of a healthy nature and have a good nutritional value.

**Drinks**
Children are to drink *WATER ONLY* during kindy sessions. Children *should not bring drinks* to kindy as fresh water is readily available.

**Birthday Celebrations**

![A fruit birthday train.](image)

We ask that families abide by the healthy food policy when celebrating children’s birthdays at kindy. We celebrate the children’s birthdays with a card and a playdough birthday cake. Some families choose to celebrate by giving each child a balloon, bubbles, a sticker or sharing a fruit platter. This is not expected, it is each families personal choice.

**Children with Special Dietary Needs.**
If a child has special dietary needs staff will, with the family and medical practitioner develop an appropriate and specific eating plan.

**Food Allergies**
From time to time we have children who attend the centre that have severe food allergies. These foods generally include *nuts, dairy, seafood* and *egg*. For these children coming into contact with (or the vicinity of) these foods can cause a life threatening situation.
Staff will inform families when we have a child with food allergies attending the centre and the foods that they are allergic to.

*Please be sure to inform kindergarten staff if your child has any allergies.*

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*In 2009 and 2010 Bridgewater Kindergarten is a part of DECS Healthy Food and Physical Activity project.*