St Philip's Preschool Kindergarten

'Food at Kindergarten' Policy

Our “Food at Kindergarten” Policy, together with the kindergarten’s programs, aims to promote a positive attitude in children towards the development of personal health and hygiene. The implementation of our policy allows children to develop healthy nutritional practices through staff modelling and teaching. This links to the SACSA Framework Learning Area of Health and Physical Development – “children are extending their knowledge about how to keep themselves healthy. The self-help, self-care skills for eating, drinking, food preparation, relaxation, toileting, resting, sleeping, washing, dressing, and attending to injuries, are explored. Differences and commonalities are identified as children share their own experiences and self-care practices. Interactions with others support the development of dispositions that empower children to take increasing responsibility for their own safety and welfare.”

When planning for children’s learning, we use the SACSA Framework Key Idea - “children begin to develop responsibility for their personal health and safety” to underline our teaching. “Learning involves children:
• discussing, modelling and practising actions that promote health care and safety
• displaying an awareness of nutrition and healthy eating
• developing a positive attitude towards meeting challenges and achieving success”

Our Food Policy consists of the following considerations
• that children’s snacks are some form of fresh fruit and vegetables, dried fruit (sultanas, prunes, raisins but not fruit bars or roll ups) and cheese.
• that parents are encouraged to prepare the children’s snacks at home prior to their child’s attendance at kindergarten – to avoid the food being handled by other people. It is worth noting here that this encourages children to become independent in the management of their snacks at kindergarten, which is a most important skill for our children on beginning school.
• that children’s snacks are prepared / packaged / contained in such a way that enables the child to manage the opening of their snack with a satisfying degree of success.
• staff and children are to wash their hands before handling food, and where possible, staff will wear disposable gloves.
• water is provided each day for children to drink while at kindergarten. Children are requested to bring a plastic bottle of water each day in their bag to drink. If they need more water the kindergarten will provide it.
• children will eat their snacks in designated areas and will sit down to eat.
• children will not share their snacks with other children unless it is a designated ‘shared fruit’ day monitored by staff.
• food not eaten by the children will be taken home – this encourages our children in developing a positive attitude to food, in that good food should not be wasted. It also enables parents to gauge how their children are managing. If they are often bringing some or all of their food home, such occurrences could indicate a number of reasons such as
  - if a child’s preference of food was not included in the snack box
  - if too much food is being offered to their child each day
  - if a child is too busy to stop and eat (a situation which would need to be addressed if it continued for any length of time)
  - if a child, while new, is too nervous to eat (a very common event, even for adults)

**NUTS & EGGS**
We ask that all children who attend any of St Philip’s Preschool Kindergarten’s programs, have snacks at kindergarten that have

**NO NUT PRODUCTS or EGG PRODUCTS**
Such products would include peanut butter, Nutella and muesli bars with nuts, biscuits, cakes, etc.
This is to manage situations for those children within our groups who have severe allergies.

**BOXES**
This also means that we will exclude egg cartons, biscuit boxes, cereal boxes and containers of items that list nuts or egg on them.

**SPECIAL OCCASIONS**
Staff appreciate that there are special occasions that can occur during the year, and that there is much pleasure in celebrating these together at kindergarten. An example is a child’s birthday, where the family may like to celebrate by bringing in food to share with the children. We look forward to such occasions and we are all delighted to participate in these events. The Staff always make a birthday numeral for the child whether there is food to share or not.
When such an occasion arises for you, please remember fresh fruit or vegetable please – No cakes or lollies, etc.

We also ask that you wait until your child is in the car or at home before giving them snacks at the end of a session. Please do not give your child lollies, lollypops etc inside the kindergarten.

Thank you.

*Updated FEB 2010*