



Government of South Australia
Department for Education

Penong & Coorabie Districts School
Early Learning Centre
"Learning Together"



Penong Primary School Coorabie Rural School
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Penong Early Learning Centre Healthy Food and Nutrition Policy

Fruit time:

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.
- A dairy product of cheese stick or yoghurt may be consumed at this time in addition to fruit/vegetables.

Food and Drinks provided to children:

Parents and carers are encouraged to provide healthy food and drink choices in line with the **Right Bite** strategy:

- Staff will ensure that food provided to children by the pre-school is in line with the **Right Bite** strategy.

Food Safety

Our Pre-school

- 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 Pre-school

- Where children are on a special diet or have allergies the parents must notify centre staff and provide relevant information at the time of enrolment.
- Liaises with families to ensure suitable food supply for children with health support that are related to food issues.

Working with families, health services and industry

Our Pre-school:

- Invites parents and caregivers to be involved in the review of our food and nutrition policy through our Management Committee.
- Provides information o families and caregivers about the **Right Bite** strategy through a variety of ways including,
- Newsletters
- Policy development/ review
- Information on enrolment\promotes the alignment of fundraising with the **Right Bite** strategy.

Note: if the pre-school has a child with a serious food allergy (eg NUTS), a separate procedure for the duration of that child's involvement with the pre-school will be developed and communicated to parents and staff.

Establishing Healthy eating patterns at a young age provides a critical foundation for good eating patterns in adult life with health, social and financial benefits to individuals, families and society.