Salisbury Kindergarten Healthy Eating Policy
2016

Staff at the Salisbury Kindergarten encourage and promote healthy eating. We believe that it is vital that we teach the children about the benefits of healthy eating and developing lifelong positive health choices.

Curriculum
- Children will be taught healthy practices ie. Washing hands before eating and after going to the toilet.
- Our cooking program will reflect our focus on using fresh foods and will incorporate foods that we have grown in our own vegetable garden.

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.

We do not encourage the bringing of any packaged foods for fruit time. Any of these items will be placed back in your child’s bag with a note explaining what to bring.

Lunch
Children are asked to bring a sandwich, wrap, rice, noodles, cold meats, cheese etc. In additional children are welcome to bring a piece of fruit/vegetable, cheese, savoury biscuits or yoghurt. We discourage the bringing of any foods high in sugar/fat such as lollies, chocolate, cakes, sweet biscuits and roll ups etc. Any items which we believe are not suitable will be placed in your child’s lunchbox and a piece of fruit will be provided if they are still hungry. Please put your child’s lunch in a named container in the esky. Lunches will be stored in an air-conditioned room when the weather is warm but on hot days please include an ice brick keep them cool. Please be aware that for health reasons we do not reheat food for children.

If your child does not want to eat or does not finish their food we will encourage them to leave it in their lunch box so that you are aware of what they have eaten during their time at kindy. We discourage children from wasting food. We will not force children to eat if they say they are not hungry. If you have any concerns please let us know.

Special dietary needs: We ask that you let us know if your child has any food sensitivities or allergies so that they are not exposed to food that may be harmful to them. A medical management plan may be required for serious cases. If your child has special requirements in relation to your culture or religion please let staff know.
**Birthdays:** We are happy to celebrate your child’s birthday. We generally sing happy birthday as a group and give out birthday stickers. We are also happy for you to bring in and share a cake or other treat on their special day if you wish. Please speak with a member of staff beforehand. If you do not want your child to participate in these events please let us know.

At times, we have special events and celebrations at the centre. In accordance with the Healthy Eating Guidelines we will limit these to 2 per term.

**Drinks:** Please only send water in your child’s drink bottle. No juice, cordial or milk as when spilt these can attract ants.

We would be grateful of any donations of surplus fruit or vegies from your garden to share with the children. Just let us know if you can help.

**NUT FREE POLICY at Salisbury Kindergarten**

Due to a number of children in the community who have severe nut allergies it has become necessary for us to implement a nut free policy at the site.

In recent years there have been a number of children presenting with nut allergies. Symptoms range in severity with the most severe allergic reaction causing swelling of the airways which can cause difficulty with breathing and sometimes lead to death. The reaction can be caused by simply touching a surface that has come into contact with a nut product.

As you can appreciate, the only way for us to ensure that contamination does not occur is to ask that NO NUT PRODUCTS OR FOOD CONTAINING NUTS are brought to the centre.

We also ask that you keep this in mind when bringing plates of food to share for kindergarten celebrations.