



## Melrose Rural Care

### Food and Nutrition Policy

From our philosophy: **"We aim to provide high quality care and education through a partnership between parents, children, community, staff and the Department of Education and Children's Services."**

With the belief that:

- ❖ Children develop individually through stages, in their own learning style varying through cultural and family values and perception of these may vary.
- ❖ Healthy self esteem is the basis of positive physical, intellectual and social growth.
- ❖ We believe children need to express themselves in a safe environment.
- ❖ Children learn most effectively through hands on experience, through play.
- ❖ We value involvement of families and community and we encourage open communication.
- ❖ Our planning and evaluation is inclusive to children with additional needs.
- ❖ Our aims of planning and daily activities reflect our philosophy and are made available to families.

At our centre we believe in the promotion of the importance of **good food and nutrition** with the children and their families.

**In the interest of good health and the establishment of good eating patterns, our preschool aims to adhere to the following practices:**

- ✿ Encouraging families to provide healthy snacks for their children e.g. fruit fresh or dried, vegetables, cheese etc according to DECS Right Bite guidelines.
- ✿ Incorporating education on food nutrition in the curriculum regarding red, green and amber foods.
- ✿ Encouraging sharing, conversation, independence and enjoyable green category food experiences.

**When preparing and serving food we will establish and maintain healthy and safe practices by planning activities which offer the children opportunities**

- ✿ To be involved in the routines and preparation of a variety of nutritious foods, including some from other cultures.
- ✿ To wash hands before cooking and during cooking if the children cough, sneeze or put their fingers in their mouth etc.
- ✿ To participate in positive learning situations.
- ✿ To taste a variety of foods.
- ✿ To wash hands prior to eating.

**CHILDREN STAYING ALL DAY WILL NEED PIECES OF FRUIT, VEGETABLES AND DAIRY WITH A HEALTHY LUNCH FROM THE GREEN (OR AMBER) CATEGORY.**

**Staff also:**

- ✿ Store children's lunch in fridge as required.
- ✿ Provide children independent access to drinking water at all times.
- ✿ Take into account individual children's needs in the nutrition program- allergies to specific foods/ drinks be recorded and d with easy access for staff referral.
- ✿ Encourage parents to support our policy by sending home information on healthy eating guidelines.
- ✿ Invite health professionals to visit the preschool thereby creating an awareness of the importance o healthy food and providing another role model for the children.
- ✿ Make Good Food and Nutrition one of our focus areas during the year, as well as promoting its practice daily.

Reference:

DECS "Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools"

DECS "Healthy Eating Guidelines"

Whyalla Hospital and Health Services Inc "Healthy Lifestyle Resource Manual"

Signed :.....

Director

Melrose Rural Care

Ratified: ...../ ...../ 2008

Review Date: