



NUTRITION POLICY

Aim

Healthy eating helps young children to grow strong bodies and reach their potential for learning. Children develop their eating habits from parents/guardians and educators throughout their schooling. The habits learnt during childhood continue into adulthood. As young children cannot select and prepare food for themselves, adults remain responsible for making healthy food choices for them.

Legislative Requirements

Federal

National Quality Framework 2025 – National law and Regulations Act 2011

Food Standards Australia & New Zealand 2019

<http://www.foodstandards.gov.au/code/Pages/default.aspx>

States

SA

Food Act 2001

Food Regulations 2017

Work Health and Safety (SafeWork SA) Act 2012

Who is affected by this policy?

Child

Educators

Families

Based on the **AUSTRALIAN DIETARY GUIDELINES** for children and adolescents, it is emphasised that we all:

- Enjoy a wide variety of nutritious foods.
- Enjoy a balanced food intake with physical activity.

Children and Adolescents should be encouraged to:

- eat vegetables, legumes and fruits
- eat cereals (including breads, rice, pasta and noodles) preferably whole grain.
- include lean meat, fish, poultry and/or alternatives
- include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for children under two years due to their high energy requirements. However, reduced varieties should be encouraged for older children and adolescents.

- choose water as their regular drink.

Care should be taken to:

- limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants.
- choose low in salt foods.
- consume only moderate amounts of sugars and foods containing added sugars.

Policy Statement

The purpose of this policy is to:

- Encourage and support children to develop healthy eating habits.
- Promote children's understanding of how food affects health and the relationship between healthy eating and good health.
- Ensure that food provided at the kindergarten and foods bought from home reflect the Australian Dietary Guidelines for children and adolescents.
- Support children who have health and cultural requirements relating to religious beliefs and special dietary requirements.
- Raise awareness of healthy nutritional principles.

Strategies to support healthy eating

NO NUT POLICY

- Consistently, children are enrolled with nut allergies, therefore please do not send nuts or foods containing nuts to kindergarten. Please check labels carefully.

FRUIT GUIDELINES

- Fresh fruit is provided by the Kindergarten for morning snack
- Foods linked with a high risk of choking are minimised.

LUNCH GUIDELINES

- Parents are encouraged to provide a lunch box containing some or all of the following: a sandwich made with multi-grain bread, rice, pasta, fruit, salad, vegetables, cheese, yoghurt, dry/savoury biscuits.
- Children are encouraged to drink water at lunch and hydrate throughout the day.
- Children should have a separate container for their lunch.
- Ice bricks are encouraged in lunch boxes to keep food cool and in a safe condition for eating.

DRINK GUIDELINES

- Fresh, filtered drinking water is always available for the children.
- All children bring "water" in a clean, named drinking bottle.

EDUCATORS

- Educators encourage children to try new fruits.
- Two educators engaged with the children at lunch time and supervise the children while eating.
- Learning about food and nutrition is included into the curriculum, eg: growing vegetables, hands on cooking and tasting experiences, food awareness activities are also implemented.

- Principles of good hygiene practice are incorporated into daily routines to support this policy, e.g., children are required to wash their hands prior to handling food.
- Children are supported to be independent in managing their own food and must remain seated whilst eating.
- Food is not used as a form of behaviour management or reward by its provision or denial.
- Educators respect the food preferences of children, however always encourage healthy food choices.
- Educators act as role models in relation to their own food choices at the kindergarten.
- Educators are aware of children with known allergies and are compliant with children's Safety and Risk Management Plans.

PARENTS

- Parents are made aware of this policy during orientation and the enrolment process. Parents will be encouraged to support this nutrition policy and where difficulties arise in the provision of suitable foods, parents will be consulted.
- Please add your child's specific food requirements, due to allergies, cultural/religious beliefs, or dietary preferences to the documentation provided during enrolment, as specified on the Kindergarten Enrolment Form.

SOURCES

Food Standards Australia New Zealand 2019

National Quality Framework 2025 - National Law and Regulations 2017

Work Health and Safety (SafeWork SA) Act 2012

RHMRC. Staying Healthy, 6th edition, National Health and Medical Research Council 2024

Caring for Children – Birth to 5 years (Food, Nutrition, and Learning Experiences) NSW 2014

Bryant, L. (2009). *Managing a Child Care Service : A Hands-On Guide for Service Providers*.

Sydney: Community Child Care Co-Operative.

National Health and Medical Research Council. (2005). *Staying Healthy in Child Care Preventing Infectious Diseases in Child Care (4th Edition)*.

Food Act 2001

Food Regulations 2017

Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers Endorsed 10 April 2003

Australian Food Guide for Healthy Eating 2017

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

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