MAGILL KINDERGARTEN
Operational Policies and Procedures
Healthy Eating Policy

At Magill Kindergarten we promote positive attitudes to the development of personal health. As educators we will model and develop in children an understanding of sound nutrition and health practices. Children will indicate this learning by demonstrating knowledge of different foods and the link between food and health.

- Parents are asked to send only healthy and nutritious snacks to kindergarten preferably as fresh and natural as possible. Suggested snacks are fruit, vegetables, dry fruit, cheese, crackers or sandwiches with healthy fillings.
- Parents are asked to avoid sending foods high in sugar, salt or fat i.e. cake, sweet biscuits, chocolate covered muesli bars, chips, lollies and other overly processed packet snack foods.
- Staff will monitor the food the children are eating and send home a letter to parents when unhealthy snacks are brought.
- If children do not bring a healthy snack, the kindy will have dried fruit available.
- Where children are on a special diet or have allergies the parents must notify kindergarten staff and provide relevant information at the time of enrolment.
- Children are expected to wash their hands prior to eating and snacks are to be eaten in a designated area.
- Eating together at snack time will be encouraged as a social activity.
- The importance of eating nutritious food will be discussed with the children during snack time and cooking experiences, as appropriate.
- Drinking water will always be available and accessible to children.
- Information regarding healthy food choices will be made available to parents on enrolment of their children.
- Follow up information and reminders will be included in the kindergarten newsletters each term.
- DECS require that preschools adhere to strict guidelines for the healthy consumption of food at kindergarten so birthday cakes and other unhealthy celebratory food will not be eaten during kindergarten. Non-food creative items will be used to celebrate a child’s birthday if parents request acknowledgement of their child’s birthday at kindergarten.
- Nut and nut products are banned at Magill Kindergarten as a number of children have nut allergies.

Governing Council Endorsement: Date: