At Brinkworth Preschool we place great importance on children’s health and wellbeing. In doing so we aim to promote, encourage and develop healthy eating habits. The purpose of this policy is to ensure that all children and adults are aware of the recommendations and expectations around eating and drinking at our centre.

This policy complies with the Rite Bite strategy which aims to educate children about healthy eating. Right Bite uses a coloured spectrum of GREEN, AMBER & RED to classify food and drinks according to their nutritional value.

Eating a healthy breakfast is a great start the day. At Brinkworth Preschool children bring a healthy snack and a healthy lunch. All children eat lunch together, supervised by staff to encourage friendly conversation and a feeling of eating a meal as a family.

Children bring a named bottle of water for drinking during the day. They are encouraged to drink water as current research into brain development suggests that drinking water is vital for optimum brain development. It is also excellent for general growth and wellbeing of the whole body.

Treats are acceptable for special occasions such as birthdays, graduation, cooking at Preschool and special events, but healthy eating needs to occur at all other times. Healthy, homemade food is a great alternative to pre-packaged food.

A gentle reminder will be sent home in lunch boxes with children who bring unsuitable food in their lunch box.

GREEN – choose plenty

★ Bread and cereal: sandwiches and rolls (white, wholemeal, multigrain etc); pita, flat, lavash, foccacia, bread sticks (a variety of bread from different cultures and different shapes); fruit & savoury muffins; fruit loaf (no icing); scones; rice cakes, crispbreads, saladas, sayos (low salt); rice; pasta; weetbix with savoury spread; plain popcorn, pikelets and homemade pizza.

★ Fruit: fresh, dried, packaged or tinned (in water or natural juice)

★ Vegetables & Legumes: fresh, frozen, tinned, vegetable sticks (raw or cooked); salad; soups; baked beans; 3 bean mix; dried beans, chickpeas and lentils.

★ Dairy food – yoghurt (fresh/frozen); fruche; cheese (hard, yellow and soft white varieties); cheese dips. (Reduced fat for children over 2 years)

★ Lean meat, poultry, fish and eggs – cold meat, meatballs and rissoles, chicken, tinned fish (tuna/salmon), fresh fish, eggs (hard boiled, omlettes).

RED / AMBER - not recommended

Foods that are high in fat, sugar and salt and low in other nutrients are not recommended for Preschool

★ Chocolate, roll ups, lollies, nutella or similar chocolate spreads, sweet popcorn, potato chips, LCM’s, cakes, slices and danishes, sweet biscuits, muesli bars, dairy desserts eg. custard, doughnuts and jelly.

★ High fat foods – pastries (pies, pasties & sausage rolls), pasta with creamy sauces, frozen pizza and deep fried foods.

★ Beverages such as soft drinks, sports and energy drinks, cordial and fruit juices.

Issue date: April 2010  Review date: February 2011
**Preschool staff and helpers responsibilities**

- Be informed of children with special dietary requirements.
- Discuss healthy eating with children as part of the curriculum.
- Include ‘healthy food’ reminders in newsletters on a regular basis.
- Model appropriate eating/drinking routines.
- Provide refrigerator space for children’s lunches.
- Remind children to wash their hands before eating and preparing food.
- Encourage children to get their own snacks and lunches from the trolley and fridge and sit at a table at lunch time.
- Provide a clean area for children to eat their food. Scrap buckets to be provided, one for food scraps and one for paper and plastic to recycle.
- During lunch time children are seated together with an adult. Children are encouraged to eat their savoury food first followed by the other food in their lunch box.
- A gentle reminder will be sent home with children who bring unsuitable food in their lunch box.
- Following lunch, children are encouraged to read a book quietly or do a puzzle to enable them to rest.

**Parent / Caregivers responsibilities**

- Inform staff of any food allergies or special food requirements.
- Provide a healthy, ample snacks and lunches. It is always better to send too much food, than not enough. We encourage parents to select foods from the Green category. Please see suggestions listed above.
- Encourage children to put their own lunch container in the fridge and snack on the trolley.
- Please have child’s name clearly marked on lunch box and ensure that lids and latches are easily managed by the child.
- Parents are asked not to send nuts or product containing nuts to Preschool. There is always the risk of allergies with these foods.
- Please remind your child/ren to check the fridge and trolley at the end of the session for their snack and lunch boxes.

Signed: ______________________  ______________________

**Governing Council chairperson**     **Director**