

WODEN EARLY CHILDHOOD CENTRE

HEALTHY EATING PLAN POLICY

POLICY STATEMENT:

Woden Early Childhood Centre provides an environment that promotes good nutrition and healthy eating habits for children. Mealtime will be a relaxed, positive and social time for both children and staff

This policy supports inclusive practices at Woden Early Childhood Centre. Please refer to the Inclusion Policy.

RATIONALE:

Good nutrition and healthy eating habits help children to grow, develop and maintain healthy bodies in childhood and throughout later life. A positive relationship with food during childhood assists in the development of good eating habits for life.

SCOPE: This policy applies to all families with children attending the Centre and all Staff including students and volunteers.

RELEVANT LEGISLATION: Centre based children's Services Conditions August 2000
4.20

QUALITY ASSURANCE SYSTEM: Quality Improvement and Accreditation System
Quality Practices Guide. 2005 principle P6.1; P6.2; P6.3)

LOCATION OF INFORMATION: This information is made available to all families and staff during the orientation process. It is included in the CD Policy given to each family and staff member on orientation as well as being mentioned in the family handbook and staff handbook. Printed copies can be made available on request for those families without computer access.

LINKING POLICIES

Meal Times Policy
food safety program
Inclusion Policy
Allergy policy

Source Documents -

- Bunney, C & Williams, L (4th Ed) (2005) *Caring for children: Food, nutrition and fun activities*. NSW Dept Health
Centre for Health Promotion www.chdf.org.au/childcarenutrition (Retrieved 15 Jan 07)- Centre for Community Child Health, *Connections*, (Dec 2002, Issue 8). Royal Children's Hospital, Melbourne.

- Centre for Community Child Health (2002) *Relaxed and social: a positive approach to children's healthy eating.*

- National Health and Medical Research Council, *Dietary Guidelines for Children and Adolescents in Australia, 2003* www.nhmrc.gov.au/publications/subjects/childhealth
(Retrieved 15 Jan 2007)

kidsafe nsw, Burns and Scalds Prevention retrieved from www.kidsafensw.org.au on 5.12.08

Date endorsed by Committee: 24.3.09

Date to be reviewed 23.3.10

HEALTHY EATING PLAN

Woden Early Childhood Centre supports families in their quest to provide children with nutritional food. We feel that if children are involved in the process then they will be more inclined to try new and different foods. We want mealtimes to be home-like therefore we will provide an atmosphere that supports this for example where possible children will be encouraged to serve them selves, select what amount they want and clear away after them selves.

The centre employs a full time cook whose role it is to prepare nutritional meals and snacks for children and staff attending the Centre.

The cook will spend one afternoon per week in the two older rooms (Intro and Pre-School), working with the children, providing them with the ground work for a healthy eating plan.

To this end we have decided to:

- ❖ Educate children in the values and types of all food including fruits and vegetables. Eg: Five vegetables and two fruit per day.
- ❖ Provide opportunities for children to go on excursions to local shops to purchase goods for afternoon teas and lunches.
- ❖ To provide opportunities for children to experience foods for cultures other than Australia.
- ❖ Provide opportunities for children to with the preparation of food to be eaten within the Centre.
- ❖ To share food prepared by the children in small groups.
- ❖ To document all these events for the children's portfolios, room journals and parent information.
- ❖ In keeping with the Centre's philosophy we will strive to make the preparation of foods a joint venture, enjoyable for both staff and children.
- ❖ To ensure mealtime are a pleasurable experience for staff and children.

To provide children with experiences of different types of cutlery and serving utensils.