



Healthy Food and Nutrition Policy

NQS Quality Area 2: Children's Health and Safety

Netherby Kindergarten promotes safe, healthy eating habits in alignment with the **Australian Dietary Guidelines**

The Education and Care Services National Regulations require approved providers to ensure their services have policies and procedures in place in relation to nutrition.

Early childhood is crucial for establishing lifelong healthy eating habits, benefiting children by:

- Supporting growth, development, and activity levels.
- Reducing the risk of diet-related diseases.
- Enhancing learning through good nutrition and intuitive eating practices.

Our Commitment

- Provide families with information about the **Australian Dietary Guidelines** through newsletters, our website, posters and our handbook
- Collaborate with families to review of our Healthy Food and Nutrition policy.
- Work with families and health professionals to create Health Support Plans
- Netherby Kindergarten is an **Allergy Aware** site.
- Families will be informed of any severe allergies, and restricted foods are not brought to the site.
- Netherby Kindergarten is a **breastfeeding-friendly** site.

Family Commitment

- Provide foods in line with the **Australian Dietary Guidelines**
- Pack foods in a cooler bag with an ice pack
- Provide a drink bottle with water (no fruit juice/milk)
- Do not provide chips, popcorn (due to choking hazard), lollies, chocolates

Curriculum

- Aligns with the **Australian Dietary Guidelines** and the **Australian Guide to Healthy Eating**.
- Provides knowledge, skills, and attitudes for making healthy food choices.
- Encourages children to practice intuitive eating and listening to their bodies hunger and fullness cues promoted by **Nutrition Australia**

- Includes hands-on experiences in preparing and cooking nutritious foods.
- Integrates with the **Early Years Learning Framework (EYLF)**, particularly the learning outcome: *‘Children have a strong sense of wellbeing’*.

Learning Environment

- Provides access to fresh filtered water and are encouraged to drink regularly.
- Promotes regular handwashing before meals and cooking experiences
- Offers scheduled meal breaks and a positive, social setting with staff modelling healthy and mindful eating.
- Engages preschool garden in growing, harvesting, and preparing food.

Birthday Celebrations

To support healthy habits, we ask families to bring **non-food items** for birthday celebrations, such as stickers, books, or craft supplies.

Nude Food Kindergarten

Netherby Kindergarten is a **Nude Food** kindergarten. We encourage families to pack food with minimal packaging to reduce waste and promote environmental sustainability. Nude food lunches help children:

- Develop an understanding of sustainability and waste reduction.
- Make healthier food choices by avoiding processed, pre-packaged items.
- Learn independence by using reusable containers and lunchboxes.

Relevant Resources

- **National Quality Standards** www.acecqa.gov.au/nqf/national-quality-standard
- **Australian Children's Education & Care Quality Authority** www.acecqa.gov.au/
- **Early Years Learning Framework** www.education.gov.au/early-years-learning-framework
- **The Australian Dietary Guidelines** Australian Government Department of Health and Aged Care
- **Safe School Lunches** www.sahealth.sa.gov.au
- **Nutrition Australia:** www.nutritionaustralia.org/
- **Wipe Out Waste** www.wow.sa.gov.au/diy/nude-food