



At Strathalbyn Kindergarten we believe in providing an environment which encourages healthy eating and living. Daily, children need to eat a balanced range of foods from the 6 food groups. Fruit, vegetables, breads and cereals, lean meat, fish, poultry or legumes and dairy.

At Kindergarten it is recommended that they are provided daily with:

- 2 serves of breads and cereals eg. one sandwich
- 2 serves of vegetables
- 1 serve of fruit
- 1 - 2 serves of dairy
- 1 serve of lean meat or meat substitutes for vegetarians such as legumes.

**Rite Bite:**

The Rite Bite policy is used throughout schools and Kindergartens in South Australia. Foods have been divided into 3 categories:

- **Green** – foods which are the healthiest choices – **Choose plenty**
- **Amber** – foods which are more processed with some added salt, sugar and/or fat- **Select carefully**
- **Red** – foods which are highly processed, energy dense and nutrient poor – **Occasionally**

It is recommended that the **Red foods** are **only provided** for children **twice a term**. The kindergarten has nominated the following two days as 'Red Food Days' being the **Wednesday** and **Thursday** of the **second** and **last weeks** of **each term**. *A note will be displayed at the site reminding parents of these days.*

Strathalbyn Kindergarten is a **Nut Free Zone**. Nuts and traces of nuts are widely used in processed foods and labels need to be read carefully to ascertain if the foods are nut free. Peanut butter, Nutella, commercially produced muesli bars and nuts are not to be provided at Kindergarten.

At Strathalbyn Kindergarten we:

- Encourage healthy eating and living.
- Role model healthy eating
- Provide families with healthy eating information
- Include healthy eating and living within the curriculum
- Plan healthy cooking experiences for the children
- Ask that parents follow the healthy eating guidelines within this policy
- Ensure all children sit whilst eating
- Provide relaxed lunch and snack times where children are able to interact with their peers
- Provide fresh drinking water

**Below are guidelines which we ask that you follow to support our healthy eating policy.**

Please supply a water bottle for your child whilst at Kindergarten. **Water** is the recommended and **only** drink for children at Kindergarten.

Please supply your child with enough food for a whole day at Kindergarten, bearing in mind appropriate serving sizes. This includes:

- At least one piece of fruit for your child at snack times. Generally morning snack
- A healthy sandwich, roll or wrap for your child's lunch
- One or two healthy snacks for your child's lunch including vegetables, yogurt, homemade muesli bars (**nut free**), cheese and crackers, small/ medium fruit muffin.
- For Burkett Drive and bus children, an extra piece of fruit may be required for the afternoon
- Ice packs in children's lunchboxes

Please **avoid processed snacks**. Popcorn can be a healthy alternative if it is air popped and only a small serve is provided. Snacks **high in fat, sugar and salt may be provided on our nominated 'red food days'**. These include foods such as lollies, biscuits, donuts, chocolates, potato chips, large cakes, cakes with icing or cream, sugary drinks including cordial, sweet pastries, pies, pasties and sausage rolls. A reminder note will be provided to parents when foods provided are not within the guidelines of this policy; such foods will be returned via your child's lunchbox.

Sourced: Rite Bite for schools and preschools - www.decs.sa.gov.au/eatwellsa/a8

Start Right Eat Right – Lady Gowrie Tasmania and Community Nutrition Unit, Department of Health and Human Services Tasmania, 2002

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