

Kangaroo Inn Preschool Healthy Food Supply and Nutrition Policy

Please note, this policy must be read in conjunction with other relevant policy and procedural information provided on the approved provider's website, including:

- [Nutrition and dietary requirements in preschool \(edi.sa.edu.au\)](https://www.edi.sa.edu.au)

Kangaroo Inn Preschool promotes safe, healthy eating habits in line with the

- [Australian Dietary Guidelines](#)

and relates to the DfE wellbeing strategy.

The Australian Dietary Guidelines have great resources for parents, educators and the community and so we recommend clicking the link above and engaging with the information.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and well-being, and this is vital for positive engagement in learning activities.

Therefore:

- educators at this preschool model and encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the ***Australian Dietary Guidelines*** for their children at preschool.

This food policy has been established after consultation with educators and parents within the preschool community.

Curriculum

Our preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like safely preparing and cooking healthy food
- integrates nutrition across the EYLF v2. framework where possible, particularly relating to the developmental learning outcome: 'Children develop a sense of physical wellbeing'

The Learning environment

Children at our preschool:

- have drinking water on tap available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times or more flexibly if required
- eat in a positive, social environment with educators who model healthy eating behaviours
- use the preschool and school garden to learn about and experience growing, harvesting and preparing nutritious foods
- engage in age appropriate, healthy and interesting cooking experiences

Our preschool:

- provides encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site especially for our playgroup families

Food supply

Our preschool:

- encourages healthy food and drink choices for children

- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool activities and events
- has the following guidelines for families for food brought from home or provided by educators within preschool time

Fruit Time:

Parents and carers are encouraged to supply fruit and vegetables at fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

Food and drinks provided to children:

- parents and carers are encouraged to provide healthy food and drink choices and to supply water only in drink bottles
- educators will ensure that food provided to children by the preschool is healthy, an educational experience and gives consideration to all children's needs with regard to health support planning

Food safety

Our preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages educators to access information from the Australian Dietary Guidelines and other resources links below
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and educators.

Educators will

- Encourage both children and educators to wash hands before preparing food

- Ensure there is adequate soap and paper towel for hand washing and that the hand basins are cleaned if necessary, during the day
- Work together to keep the kitchen clean and tidy
- Clean and prepare food preparation areas before the children engage in cooking or preparing food
- Include discussions about food safety where appropriate in children's learning to build understanding of the importance of food safety
- Support the food policies around anaphylaxis and allergies when appropriate
- Ensure the tables are wiped clean before and after meal times and floors are swept and dishes done
- Support children with extra hand washing when colds, coughs, sneezes are evident
- Use appropriate cloths for cleaning
- Ensure children are seated when eating
- Use food preparation equipment appropriately – for example different chopping boards when preparing meat and salad/vegetables.
- Using gloves and tongs where appropriate

Food-related health support planning

Our preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues and will involve parents in procedure development for children with allergies/intolerances.

Working with families, health services & industry

Our preschool:

- provides information to families and caregivers about healthy nutrition through a variety of ways including:
 - information on enrolment
 - policy review
 - pamphlet/poster displays

Note: If our preschool enrolls a child with a serious **food allergy** or **intolerance** (eg. nuts), separate procedures and plans for the duration of that child's involvement with the preschool will be developed and communicated to parents and educators.

Sources:

- [Australian Dietary Guidelines | NHMRC](#)
- [Food legislation | SA Health](#)
- [Staying healthy: Preventing infectious diseases in early childhood education and care services | NHMRC](#)
- [Oral eating and drinking procedure \(edi.sa.edu.au\)](#)
- [Supporting children and students with anaphylaxis and severe allergies \(education.sa.gov.au\)](#)

Version:	1
Approved by site leader:	Annie Matthews/Amy Oswald
Date of approval by Governing Council:	04/03/2026
Endorsement recorded in Governing Council minutes dated:	04/03/2026
Date of next review:	04/03/2028
Amendments(s):	Nil